

Roots of Hope Early Adopters Backgrounder

Alberta Southeast Regional Suicide Prevention Council



Why Medicine Hat is participating

We have experienced an abundance of loss due to suicide in past years and out of that have come initiatives and groups seeking to address the issue in our community. Roots of Hope will help us structure our efforts and combine our skills in a way that allows us to effect meaningful changes within our region.

What Medicine Hat wants out of the program

We hope to ultimately reduce the number of suicides in our region, but beyond that we hope to build a sense of community connection for those who are struggling with suicidal thoughts as well as those who provide support and care for others.

Why other communities should consider becoming an Early Adopter

Becoming an Early Adopter community has enabled our region to connect with others across Canada who are working toward the same goals we are. There are so many skilled people who have fantastic ideas to share, and being an Early Adopter allows communities to tap into that knowledge and feel less alone in their efforts to reduce suicides. The five Roots of Hope pillars also make sense from a suicide prevention standpoint, and it's valuable seeing current work placed in the framework to help identify successes as well as remaining gaps.

Why it's important to address suicide prevention at the community level

Suicide prevention ultimately needs to start at the grassroots level. We need to individualize our approaches and strategies so they fit with the community, and to do that we need to build connection, not only with professionals but with anyone, from any walk of life, who wants to be involved in suicide prevention. There is really no point in planning something if it is not needed or valued and doesn't fit the needs of the community.

Why it's important for Medicine Hat to combat stigma around suicide and mental health

Everyone has mental health. It's as simple as that. Combating stigma around suicide and mental health enables us to have important conversations with those who need to have them. It also allows individuals who need help to seek that help without fear of judgment. By eliminating stigma, we grow both as individuals and as a community in our compassion and care for those around us.

Contact information

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