

Roots of Hope Early Adopters Backgrounder

Canadian Mental Health Association – Windsor-Essex County



Why Windsor-Essex is participating

A few years ago several community agencies formed a suicide prevention coalition for Windsor-Essex County. Its goal has been to work together on preventing suicides, which includes developing a strategy, highlighting available supports and resources, and working on best practices.

When we learned about Roots of Hope, we loved the idea of being part of a broader national effort for suicide prevention.

What Windsor-Essex wants out of the program

We hope to be part of a national strategy and learn from other communities and professionals. It will also be helpful to look at national trends and data in our efforts at prevention.

Why other communities should consider becoming an Early Adopter

By being an Early Adopter we are able to learn from leaders in the country who are working on suicide prevention. We are stronger and able to accomplish more when we work together.

In addition, staff at the Mental Health Commission of Canada are experts on this topic and are able to provide amazing resources and supports.

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

Suicide affects many people in every community. In addition to completions, there are numerous attempts and/or thoughts experienced by hundreds of individuals. This is a public health issue that the community needs to address.

Why it's important for Windsor-Essex to combat stigma around suicide and mental health

Even pre-pandemic, we knew that mental health among people in Canada was in trouble. COVID-19 has shone a brighter light on mental health. We need to work together as a community to combat stigma.

Contact information

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