

# Roots of Hope Early Adopters Backgrounder

## Flin Flon (and area) Hope North Community Committee



### Why Flin Flon is participating

Flin Flon is a rural mining community, situated north of the 54th parallel. It crosses a border with Saskatchewan and is a population centre that serves many outlying communities. Adopting the Roots of Hope model will give structure to its suicide prevention and life promotion initiatives. With our community deep in transition and facing economic challenges, this structure will enable our services to align their actions under the five pillars and partner to support greater resiliency.

### What Flin Flon wants out of the program

Principally, the community is looking for a structure to support suicide prevention and life promotion activities. The Hope North Community Committee has been in existence for some time and is doing great work. But the addition of an evidence-based set of validated practices, tools, and resources will support concrete action planning around the five pillars. Because this work can be isolating, the opportunity to connect with other organizations across the country that are implementing the model is also critical. Based on Flin Flon's location and population, having the chance to contribute to a suicide prevention and life promotion body of knowledge is exciting!

### Why other communities should consider becoming an Early Adopter

This model is adaptable to the needs of any given community, having been tested in a wide range of situations across Canada. Each of these contexts creates an opportunity to add to the suicide prevention and life promotion knowledge base. And because the program has been underway since 2018, there is an incredible source of peer support available for trouble shooting and innovation when an issue comes up.

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

Reducing the impact of suicide on the community is a key objective. One way to accomplish this is to intentionally engage cross-sectorally with partners and people with lived experience. This whole-of-community approach allows for a flourishing of supports and broad awareness of their availability for those impacted by suicide.

### Why it's important for Flin Flon to combat stigma around suicide and mental health

Addressing stigma around help seeking for mental health concerns or suicidal ideation needs to be combated in every pocket of every community. For Flin Flon, reducing stigma paves the way for meeting individuals where they're at and ensuring that the system is responsive to the mental health needs of their residents.

### Contact information

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