



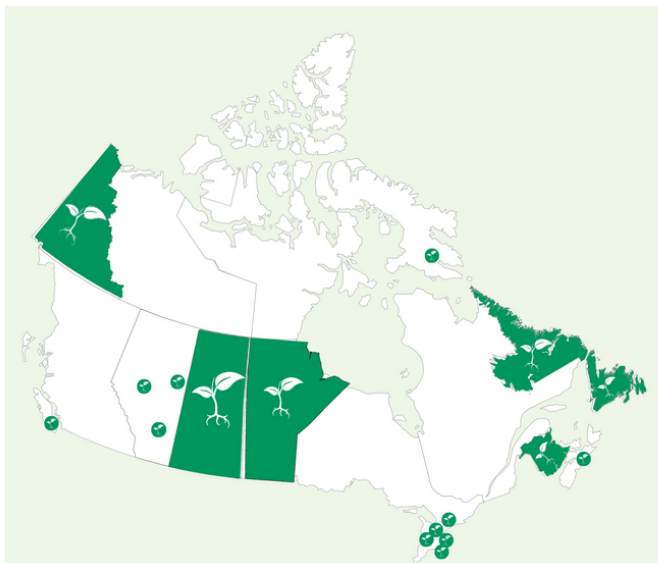
Roots of Hope

A community-led suicide prevention model that aims to reduce the impacts of suicide across Canada.

Roots of Hope was developed following a review of community suicide prevention models from across the globe and through conversations with international experts. Key elements of a systematic and evidence-based community suicide prevention approach were identified, which now form the foundation of the Roots of Hope model as its 13 guiding principles and 5 pillars of action.

Using community expertise to reduce the impact of suicide

Roots of Hope is the first made-in-Canada community-led suicide prevention model, and it can be used in any community setting. The model has built-in flexibility that allows communities to adapt it to their own contexts, and it draws on community expertise to implement suicide prevention and life promotion initiatives. Roots of Hope is founded on community engagement and input, with people with lived and living experience at its centre.



The 5 Pillars

Roots of Hope has 5 pillars of action to guide communities in their suicide prevention and life promotion initiatives.



Specialized Supports:

Supporting specific populations or needs in prevention, intervention, and postvention



Training and Networks:

Providing training and learning opportunities for gatekeepers and leaders in the community



Means Safety:

Limiting access to methods while identifying and addressing “hot spots” in the community



Public Awareness:

Engaging in locally driven educational efforts to increase help-seeking and reduce stigma around suicide



Research and Evaluation:

Engaging in activities that expand the Canadian suicide prevention evidence base

As of 2025, Roots of Hope has been adopted in over 20 communities across Canada through local, regional, and provincial implementation. Roots of Hope communities are supported through numerous implementation tools and a National Community of Practice.

Financial contribution from



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Visit our website to learn more!

<https://mentalhealthcommission.ca/roots-hope/>

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