

Mental Health Commission of Canada

The Mental Health Commission of Canada leads research, policy, and community-based initiatives like *Roots of Hope* to reduce the impact of suicide, promote life, and support those in need. *Roots of Hope* provides an evidence-informed framework for communities to implement tailored strategies that create hope, break stigma, and build a more compassionate Canada.

**Visit our website to learn more about
Roots of Hope and our other suicide prevention
resources.**



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