**Indigenous-specific Resources for Suicide Prevention and Life Promotion**

Outlined below are examples of Indigenous-specific resources to support the planning and delivery of suicide prevention and life promotion activities in communities. This list will be updated as more resources and tools are identified.

**Mental Wellness Frameworks and Strategies**

Frameworks and strategies can help guide communities in addressing crises and implementing suicide prevention or life promotion activities. They can support community planning by highlighting important areas for action and key considerations for change. Below are examples that were developed by Indigenous mental wellness experts, leaders, and communities.

* [**First Nations Mental Wellness Continuum Framework**](https://thunderbirdpf.org/first-nations-mental-wellness-continuum-framework/) presents a shared vision for the future of First Nations mental wellness programs and services and practical steps towards achieving that vision.
* Federation of Sovereign Indigenous Nations’ [**Suicide Prevention Strategy**](https://www.suicideinfo.ca/resource/saskatchewan-first-nations-suicide-prevention-strategy/) outlines some key areas for action to reduce suicide rates in the province and provides examples of promising practices.
* The [**National Inuit Suicide Prevention Strategy**](https://www.itk.ca/national-inuit-suicide-prevention-strategy/) outlines an Inuit-specific approach to suicide prevention and identifies priority areas for action to reduce suicide rates in Inuit Nunangat.
* [**Inuusivut Anninaqtuq Action Plan 2017-2022**](https://www.gov.nu.ca/documents/inuusivut-anninaqtuq-action-plan-2017-2022) is Nunavut’s third suicide prevention action plan since the publication of the Nunavut Suicide Prevention Strategy published in 2010. It presents concrete actions for change and to reduce suicide rates in the territory.

**Community Planning**

Listed below are examples of guides, tools, and a community-based training program to support communities in planning for crisis prevention, response, and recovery, including around suicide.

* The[**First Nations Mental Wellness Continuum Framework**](https://thunderbirdpf.org/first-nations-mental-wellness-continuum-framework/)’s [**Implementation Guide**](https://thunderbirdpf.org/wp-content/uploads/2018/11/FNMWC_implementation_guide.pdf) was developed to support communities in using the framework for community planning.
* [**Community Crisis Planning for Prevention, Response, and Recovery: Developing a First Nations Land-based Service Delivery Model**](https://thunderbirdpf.org/wp-content/uploads/2018/09/Thunderbirdpf-CrisisPlanningBook-Document.pdf) was developed by Thunderbird Partnership Foundation to support First Nations communities in their crisis planning, prevention, response, and recovery.
* [**Hope, Help, and Healing: A Planning Toolkit for First Nations and Aboriginal Communities to Prevent and Respond to Suicide**](https://www.fnha.ca/WellnessSite/WellnessDocuments/FNHA-Hope-Help-and-Healing.pdf) was developed by the First Nations Health Authority for community health leaders, community health workers, and others working in mental wellness and suicide prevention to support the development of community suicide prevention, intervention and post-vention plans.
* [**Community-led Life Promotion Plans for Indigenous Youth and Communities**](https://www.suicideinfo.ca/wp-content/uploads/2019/11/Indigenous-Youth-Life-Promotion-Plan-Guide.pdf) outlines an approach for engagement and supports the development and implementation of community-specific life promotion strategies and actions that support the community. Options for facilitated discussions are also available through the [Centre for Suicide Prevention](https://www.suicideinfo.ca/).
* [**Feather Carriers: Leadership for Life Promotion**](https://www.feathercarriers.earth/) is a cultural approach to community mobilization to enhance mental wellness and suicide prevention through culturally appropriate training. Based in Ontario, this program can support communities in other province or territories.

**Promising Practices**

Outlined below are two examples of resources that summarize and describe community-based promising practices on suicide prevention and life promotion.

* [**Wise Practices for Life Promotion**](https://wisepractices.ca/) showcases wise practices for promoting life among young people based on what is already working and/or showing promise in First Nations communities across the country, particularly in relation to preventing youth suicide.
  + This work builds on [**Aboriginal Youth: A Manual of Promising Suicide Prevention Strategies**](https://novascotia.cmha.ca/wp-content/uploads/2020/01/res-prom-stat-en.pdf) a manual published in 2003. The Wise Practices resource is designed to be culturally relevant and responsive to the lived realities of young people and all who are invested in wellness for First Nations youth.
  + It includes a guide for communities, [**Action Guide for Communities Bringing Wise Practices to Life**](https://wisepractices.ca/action-guide-for-communities/), to assist communities, youth leaders, and service providers think about how to engage in more life promoting practices by building local knowledge and wisdom to find community relevant solutions.
* Work resulting from the [**National Inuit Suicide Prevention Strategy**](https://www.itk.ca/national-inuit-suicide-prevention-strategy/) includes the publication of a scan of [**promising practices**](https://www.itk.ca/wp-content/uploads/2019/07/20190611-NISPS-ScanOfPromisingPractices-FINAL-EN.pdf) in suicide prevention across various populations and communities.

**Toolkits for Indigenous Youth**

[**We Matter**](https://wemattercampaign.org/) is an Indigenous-youth led organization dedicated to Indigenous youth support, hope and life promotion. Part of their work has focused on the development of toolkits to support Indigenous youth through challenging times. Toolkits focus on [youth](https://wemattercampaign.org/toolkits/youth), [kids under 11 years](https://wemattercampaign.org/toolkits/kids-toolkit), [teachers](https://wemattercampaign.org/toolkits/teachers), and [support workers](https://wemattercampaign.org/toolkits/support-workers). They have also developed a [mini-toolkit](https://wemattercampaign.org/toolkits/mini-toolkit) for anyone who wants to support Indigenous youth.

**Training/Workshops**

There are many options available around training or workshops to support suicide prevention and crisis response. Listed below are some examples:

* A [**Mental Health First Aid First Nations**](file:///C:\Users\VadneauALL\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\KVEFUVTZ\%22https:\www.mhfa.ca\en\course-type\first-nations) course is offered by the Mental Health Commission of Canada. This 20 hour course can be delivered wherever there is a need, such as a First Nations community, urban organization, rural and remote communities.
* The [**Centre for Suicide Prevention**](https://www.suicideinfo.ca/) provides a variety of resources on suicide prevention, including training and webinars.
  + [**Walk With Me**](https://www.suicideinfo.ca/workshop/walk-with-me/) is for Indigenous caregivers working in Indigenous communities. This workshop draws heavily on Indigenous culture and tradition as it seeks to take participants through the cycle of suicide grief.
  + [**ASIST**](https://www.suicideinfo.ca/workshop/asist/) is a two day training program focused how to support someone who is thinking about suicide. It is not Indigenous-specific, but has been delivered in Indigenous communities.
  + [**safeTALK**](https://www.suicideinfo.ca/workshop/safe-talk/) is 3.5 hour workshop alerts one to warning signs indicating risk of suicide.  The workshop emphasizes the importance of recognizing the signs, communicating with the person at risk and getting help or resources for the person at risk.
  + [**Looking Forward**](https://www.suicideinfo.ca/workshop/looking-forward/) is an interactive half-day workshop created for individuals working with youth aged 12 to 24.
  + [**Webinars**](https://www.suicideinfo.ca/resource-type/webinar/) are also available on a variety of themes and topics.
* [**Restoring Balance Consulting**](https://restoringbalanceconsulting.com/) provides online trauma training to community organizations, agencies and First Nations, Inuit and Métis communities. Their online seminars are focused on trauma informed care, community wellness and community wellness.