



Métis Youth Suicide Prevention Strategy

The Health Department recently completed a province-wide *Métis Youth Suicide Prevention Strategy* targeted at communities and youth. Funded by Health Canada's Aboriginal Health Transition Fund, the Strategy emerged from previous work of the MN-S to address the high rates of Métis youth suicide, particularly in the North.

The Strategy is based upon eight promising practices which were to:

- Follow a community-based research model
- Incorporate culturally safe care based on the social determinants of Metis health
- Create a youth peer advisory group
- Employ a community assessment tool
- Use a mental health promotion approach
- Ensure that all aspects of youths' lives are targeted
- Use a multi-dimensional approach
- Commit to data collection and evaluation in the strategy design

The Strategy uses these practices as a foundation but also ensures that the unique needs of Metis communities and youth are at the forefront. The purpose of this strategy is to build and support n what already exists in Metis communities and can be adapted to meet the needs of Metis youth across the province. The Strategy includes a peer-to-peer toolkit for youth, and a toolkit for community members.