

STRENGTH-BASED

Sources of Strength employs a radically strength-based approach to suicide prevention. Moving beyond a primary focus on risk factors and warning signs, Sources of Strength focuses on developing protective factors, using a model that is innovative and interactive.

UPSTREAM

Our vision is to empower a well world. By moving upstream in the prevention cycle we can not only prevent a variety of adverse outcomes, but can begin to cultivate wellbeing for individuals and communities.



EVIDENCE-BASED

Sources of Strength is one of the most rigorously evaluated upstream prevention programs in the world. Program outcomes have shown:

- Increase in connectedness to adults
- Increase in school engagement
- Increase in likelihood to refer a suicidal friend to an adult
- Increase in positive perceptions of adult support
- Increased acceptability of seeking help
- Largest increases amongst students with a history of suicidal ideation

PEER-LED

Sources of Strength utilizes the power of peer social networks to spread messages of Hope, Help and Strength throughout entire communities. Sources of Strength is peer led, but we don't train Peer Leaders to be "junior psychologists" or peer counselors; we empower them to leverage their social influence as an agent of change in their school.

CARING, CONNECTED AND
POSITIVE



SUPPORTIVE ADULT ADVISORS

+

INFLUENCE WITHIN THEIR SOCIAL
GROUP



DIVERSE PEER LEADERS

X

ENGAGE, INTERACT AND APPLY



STRATEGIC MESSAGING CAMPAIGNS


=




POSITIVE SOCIAL NORMING



POSITIVE CULTURAL CHANGE

CONNECT WITH US!

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