

Symposium | Suicide prevention : [Symposium 42] Suicide prevention-2

📅 2025年9月26日(金) 13:10 ~ 14:40 🏢 Session Room 7 (Conference Room C)

**[Symposium 42] Suicide prevention-2**

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**[SY-42-03] Risk and Resilience in Youth Suicide Prevention: Insights from Inuit Communities in Nunavik, Canada.**

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キーワード : Indigenous youth、suicide prevention、risk and resilience、Inuit、Canada

**Background:** Suicidality must be understood within the complex and dynamic contexts in which it arises, including historical and socio-political dimensions. In child and adolescent psychiatry, the context involves family systems, as well as other key environments such as schools, communities and social medias. Both protective and risk factors around suicidality are embedded within this complexity. Inuit communities of Canada face some of the highest youth suicide rates in the world. This situation requires a nuanced understanding in order to strengthen protective factors while mitigating risks. **Objective:** This presentation will first review the literature on youth suicide prevention in Indigenous communities. It will then examine how these communities have developed local initiatives to counter suicide, and offer insight into the interplay of protective and risk factors, as well as into individual, familial and collective levers of intervention to support youth mental health and holistic wellbeing. **Methods:** Drawing on both research and clinical experience in the Inuit communities of Nunavik, Canada, this presentation will reflect on the contextual dynamics of suicidality and propose approaches to suicide prevention. **Findings:** The colonial heritage significantly contributes to the vulnerability of Indigenous youth to suicidality. Silencing issues, microaggressions, complex grieving, traumatic events, adverse social determinants of health, and lack of decision-making power are part of the risk factors in communities with high suicidal rates. However, various forms of resilience are providing protection, such as strong family support, peer relationships, meaningful community ties, and cultural connectedness. Social medias act both as protective and risk factors. Effective prevention efforts mobilize not only formal services but also grassroots community initiatives, and built on trust and cultural safety. **Conclusion:** In Indigenous communities facing high suicidal rates, there is a danger of focusing solely on vulnerability and overlooking the environment's protective potential. A balanced approach is essential for fostering youth well-being.