



## PROCLAMATION

### Suicide Prevention Month September 2022

**WHEREAS**, National Suicide Prevention Awareness Month is held throughout the month of September encompassing World Suicide Prevention Day, held on September 10th every year; and

**WHEREAS**, suicide is one of the most tragic losses families and communities can experience. Approximately 11 people will end their lives by suicide today in Canada. Another 210 will attempt suicide. For each death by suicide, it is estimated that the lives of 7-10 bereaved survivors are profoundly affected; and

**WHEREAS**, the stigma associated with suicide works against suicide prevention by discouraging any individuals thinking about suicide from receiving life-saving help, and further traumatizes survivors of suicide; and

**WHEREAS**, suicide is largely preventable, everyone can help prevent suicide by becoming aware of warnings signs and risk factors and knowing where to get help for individuals in distress; and

**WHEREAS**, as the lead provider and advocate of community mental health services, the Canadian Mental Health Association, provides awareness and training for individuals who want to become suicide alert helpers. Anyone can learn to recognize when someone might be thinking about suicide, and how to connect them to supports in our community; and

**THEREFORE, BE IT RESOLVED THAT** I, Steve Ferguson, Mayor of the Corporation of Prince Edward proclaim September 2022 as Suicide Prevention Awareness Month, and encourage all members of our community to become educated, take all signs of suicide seriously and encourage conversations about mental health in order to break the stigma, and eliminate deaths by suicide in our community.

Mayor Steve Ferguson  
DATED this 16th day of August, 2022