



THE CITY OF WINDSOR

OFFICE OF THE MAYOR

DREW DILKENS, DBA
MAYOR

PROCLAMATION

“Suicide Awareness Month” September 2023

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

WHEREAS: Today in Canada 12 people will end their lives by suicide. For each death by suicide, the World Health Organization estimates 10 people are deeply affected. In Canada, 12 deaths by suicide will leave up to 120 people in a state of bereavement. Beyond these people, up to 120 additional people will also be affected by the death. Suicide is a critical public health issue in Canada. Suicide is the second leading cause of death among youth and young adults (15-34 years old); and,

WHEREAS: Stigma is a major barrier to seeking help. Changing the narrative around suicide through the promotion of hope can create a more compassionate society where those in need feel more comfortable in coming forward to seek help; and,

WHEREAS: All of us can play a role, no matter how small. We may never know how our actions and behaviours can impact others. Anyone can become a suicide alert helper by receiving training on the warning signs and risk factors of suicide, and knowing where to get help for individuals in distress; and,

WHEREAS: As the lead provider and advocate of community mental health and addictions services, the Canadian Mental Health Association, Windsor-Essex County Branch 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;

THEREFORE: I, Drew Dilkens, Mayor of the City of Windsor, do hereby proclaim

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in the City of Windsor and strongly 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