



# THE CITY OF WINDSOR

OFFICE OF THE MAYOR

DREW DILKENS, DBA  
MAYOR

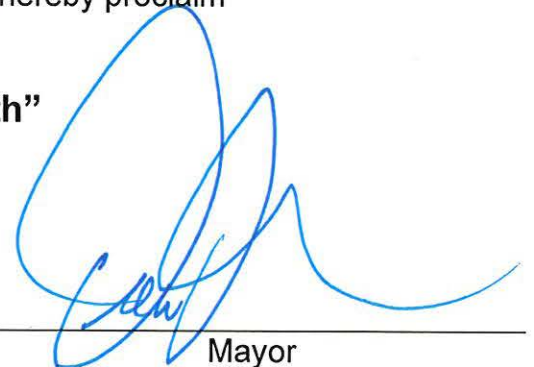
## PROCLAMATION

### “Suicide Awareness Month” September 2024

- WHEREAS:** National Suicide Prevention Awareness Month is held throughout the month of September within Windsor and Essex County, encompassing World Suicide Prevention Day, held September 10<sup>th</sup> 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, leaving at least 120 people bereaved by suicide each and every day; and,
- WHEREAS:** Suicide is a critical public health issue in Canada. Stigma still plays a role in people seeking help. Changing the narrative around suicide through greater awareness and understanding of mental health issues and life promotion can create a more compassionate society, a society where those that need help seek help; and,
- WHEREAS:** We all have a role to play. 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 for suicide, and knowing where to get help for individuals in distress; and,
- WHEREAS:** The Canadian Mental Health Association, Windsor-Essex County Branch provides education 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,
- WHEREAS:** All members of our community are encouraged 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.

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

**September 2024**  
**“Suicide Awareness Month”**  
in the City of Windsor.



Mayor