



## **City of Spruce Grove Proclamation World Suicide Prevention Day**

**September 10, 2023**

WHEREAS; World Suicide Prevention Day was established in 2003 by the International Association for Suicide Prevention and the World Health Organization to promote awareness of suicide prevention, to reduce the stigma of talking about suicide and accessing treatment, and to recognize that we all have a role to play in preventing suicide; and

WHEREAS; suicide is a multi-dimensional, preventable, public health crisis that impacts people of all ages, genders, and backgrounds, and suicide is devastating for families, friends, and community members left behind; and

WHEREAS; approximately 4,500 people in Canada die by suicide every year and approximately 200 people in Canada attempt suicide every day with suicide being the second leading cause of death among youth and young adults aged 15-34 years; and

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

WHEREAS; World Suicide Prevention Day reminds everyone, including individuals experiencing thoughts of suicide, that by encouraging understanding, sharing experiences, and knowing where to access help for themselves and for others, collectively we promote life for those experiencing thoughts of suicide and these actions can prevent suicide; and

WHEREAS; everyone can help prevent suicide by educating themselves on risk factors, warning signs, and how to help someone who is struggling, including using the resources available through the City's Family and Community Support Services; and

WHEREAS; the City of Spruce Grove honours educators, health and mental health professionals, first responders, care providers, community organizations, friends, and family members for their dedication and commitment to suicide prevention, and for activities that reduce risk and encourage healing after a suicide death;

THEREFORE, I, Stuart Houston, Councillor of the City of Spruce Grove, do hereby proclaim the 10<sup>th</sup> day of September as World Suicide Prevention Day in Spruce Grove.