



OFFICE OF THE MAYOR

Suicide Prevention Day

- WHEREAS** mental health challenges can affect individuals in every community, and suicide is experienced in Cochrane regardless of age, background, or circumstance; and,
- WHEREAS** twelve people each day complete suicide in Canada, including two in Alberta, and men complete suicide three times more than women, and women attempt suicide two to three times more than men; and,
- WHEREAS** for every completed suicide, 15-30 people are deeply impacted and up to 135 people may require grief support, stigma surrounding mental health can prevent individuals from seeking the help and support they need, and it is critical to foster open dialogue, increase understanding, and break down those barriers; and,
- WHEREAS** the second annual Walk for Life at Riverfront Park offers an opportunity to promote mental health education, raise awareness, and encourage support for individuals who have been impacted by suicide; and,
- WHEREAS** Cochrane is committed to building a supportive, compassionate, and inclusive environment that prioritizes mental well-being for all residents.
- NOW THEREFORE** on behalf of Council, I, Morgan Nagel, Mayor of the Town Cochrane Alberta, do hereby proclaim September 10, 2026 as "**Suicide Prevention Day**" in Cochrane, Alberta. I encourage all citizens to participate in activities and initiatives aimed at raising awareness, reducing stigma, and promoting positive mental health in our community.

Dated on this day August 20, 2026.



Signature

