



## *Proclamation*

### **International Survivors of Suicide Loss Day November 22, 2014**

WHEREAS, suicide loss affects thousands of Nova Scotians each year. Those who are coping with the loss of a loved one by suicide typically experience a very complicated form of grieving. Too often, due to the stigma of suicide, survivors of such a loss are left to grieve alone.

An important part of the healing process for survivors of suicide loss is the ability to express one's grief and mourn the loss with others.

Each year, Communities Addressing Suicide Together (CAST) honors **International Survivors of Suicide Loss Day** in Nova Scotia. This Day provides an opportunity for people affected by suicide loss to join together at events around the world for support and understanding through stories of healing, hope and also provides participants with a chance to realize that they aren't alone; to connect with others who understand what it means to lose a loved one to suicide.

THEREFORE, BE IT RESOLVED THAT I, Mayor Mike Savage on behalf of Regional Council Proclaim November 22, 2014 as International Survivors of Suicide Loss Day; to encourage survivors to come forward and address their loss openly – to inspire healing.

Dated at Halifax, Nova Scotia  
this 22<sup>nd</sup> day of November, 2014



Original Signed

Mike Savage  
Mayor