



"The Peak of Good Living"

TOWN OF APEX NORTH CAROLINA

Proclamation

National Suicide Prevention Week 2026

from the Office of the Mayor

WHEREAS, Suicide remains a public health crisis impacting people across every age, race, ethnicity, and socioeconomic status, with approximately 1,600 individuals aged 10 and older dying annually by suicide in North Carolina; and,

WHEREAS, Nationally, nearly 50,000 people die of suicide each year, making it the 10th leading cause of death; and,

WHEREAS, Suicide, suicide attempts, and suicidal behaviors create wide-ranging impacts beyond the individual affected, including friends, family, co-workers, and care givers, who all bear a tremendous burden in these awful situations; and,

WHEREAS, It is critical to understand that it's okay to not be okay, and reaching out for help when you're feeling sadness, anger, frustration, or any other strong emotion is a sign of bravery and strength, and not weakness; and,

WHEREAS, The Town of Apex supports policies and initiatives that improve mental health and offer resources to those in need of support, such as the National Suicide and Crisis Lifeline, which can be reached at anytime by call or text at 988.

NOW, THEREFORE, I, Jacques K. Gilbert, Mayor of Apex, North Carolina, do hereby proclaim the week of September 6th - 12th, 2026 "National Suicide Prevention Week" in the Town of Apex, and encourage all residents to talk to those close to them about their emotions, and reach out to those who may need a little help.