



PROCLAMATION

Suicide Prevention Awareness Month: September 2026

September is National Suicide Prevention Month, a time to raise awareness about suicide prevention, promote mental wellness, reduce stigma, and connect individuals and families to lifesaving resources.

Suicidal thoughts can affect anyone, regardless of age, race, gender, religion, sexual orientation, income, or background. According to the Minnesota Department of Health, more 800 Minnesotans are estimated to have died by suicide in each of the last 5 years.

The City of Columbia Heights recognizes that suicide is a preventable public health issue and that help is available. We stand alongside local educators, healthcare providers, mental health professionals, law enforcement officers, faith leaders, community organizations, families, and advocates who work every day to support the mental health and well-being of our residents.

We further recognize the important role of Canvas Health, a nonprofit Certified Community Behavioral Health Clinic whose mission is to bring hope, healing, and recovery to the people it serves. Canvas Health provides a wide range of mental health, substance use disorder, and suicide prevention services throughout the Twin Cities. Canvas Health partners closely with communities across Anoka County through its Coon Rapids clinic as well as through Embedded Mental Health Co-responders with the Columbia Heights Police Department.

The City also acknowledges the vital work of the Anoka County Mobile Crisis Response Team, operated by Canvas Health in partnership with Anoka County. Available 24 hours a day, 7 days a week, 365 days a year, the team provides immediate mental health crisis assessment, intervention, stabilization, and support for children, adolescents, adults, and families experiencing emotional or behavioral health crises. The mobile crisis team offers an alternative to emergency room visits or law enforcement responses and helps connect individuals to ongoing care and community resources.

We encourage all residents to look out for one another, have open conversations about mental health, and reach out when support is needed. A gesture of care, a listening ear, a phone call, a message, or connecting someone to help can make a meaningful difference and may save a life.

NOW, THEREFORE, BE IT RESOLVED, that I, Amáda Márquez Simula, Mayor, do hereby proclaim September 2026 as National Suicide Prevention Month and encourage all residents to promote awareness, support prevention efforts, and help build a community where hope, connection, and help are always within reach.

Amáda Márquez Simula, Mayor
September 28, 2026