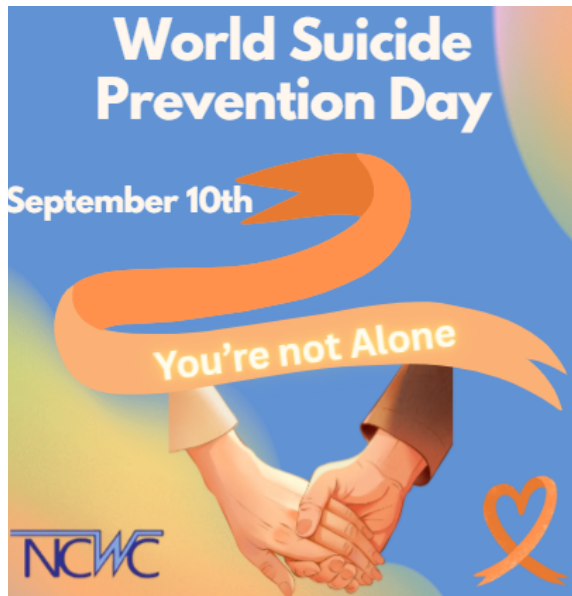


Statement from the National Council of Women of Canada (NCWC)
on
World Suicide Prevention Day 2026: [“Changing the Narrative on Suicide”](#)



September 10 marks [World Suicide Prevention Day](#), a date that aligns with the mental health advocacy work of the National Council of Women of Canada (NCWC). As a whole, suicide prevention is affordable housing, wraparound mental health supports, supports for women getting out of intimate partner/domestic violence, and so much more. Women, children, families, and communities that have their needs met and feel supported in turn support one another, and foster suicide prevention in this generation, and sow seeds for the next. For Women in leadership roles, part of what that means is asking a harder question: whether our workplace makes it safer or harder for someone to say they are struggling.

Operational stress injury builds slowly, call by call, deployment by deployment, until the person carrying it

looks exactly like someone who is simply getting the job done. It rarely announces itself as an emergency. It looks like someone who never takes a sick day and never says no to another shift, someone whose reliability starts to function as camouflage. A supervisor who only watches for a crisis will miss the injury forming underneath it, because by the time a crisis is visible, the injury has usually been accumulating for months or years, sometimes longer than anyone realizes.

Advocates have said this plainly for years: the culture around asking for help still lags behind the culture around answering the call, and that gap is set at the top, not the bottom. Silence has never protected anyone in this line of work. It has only made the injury harder to name and slower to treat, and silence is the one part we can actually change, long before we can change the nature of the job itself. A team follows the standard its leaders actually model, not the one posted on a wellness bulletin board, and that standard is set in ordinary moments: how a leader responds the first time someone admits they are struggling, whether a request for support shows up later in a performance conversation, or whether the people closest to that person, a partner, a colleague, or a family at home, are ever asked how they are holding up too.

To the leaders, this is the responsibility we carry forward. Check in before a crisis forces the conversation. Treat a request for help as a sign of good judgment rather than a liability. Make the path to support at least as well known as the path to the job itself, and make it wide enough to include the people standing closest to your team. If someone on your team is struggling, or you are, please reach out.

Call/ text **9-8-8**: Suicide Crisis Helpline or visit <https://988.ca/>

Respectfully,

Michelle Abel

VP Children and Youth/Global Affairs

Mica Daurie

VP Social Development



Mission Statement: To empower all women to work together towards improving the quality of life for women, families, and society through a forum of member organizations and individuals.