

**MEDIA ADVISORY**  
**Day of Mourning 2026**  
**Psychological health and safety critical to workers' wellbeing**

FOR IMMEDIATE RELEASE

Wednesday, April 22, 2026

(CITY OF ORIGIN) – Labour Leader X will be speaking at the (Labour Council)'s annual Day of Mourning ceremony on Tuesday, April 28<sup>th</sup>.

To mark the Day of Mourning, Canada's unions are calling attention to psychological health and safety as a core workplace safety issue. Workplace injuries – both physical and psychological – are serious and must be treated as such. Too many workers are experiencing burnout, chronic stress, harassment, and mental health crises caused by unsafe working conditions. These injuries and illnesses must be recognized, just as physical injuries and illnesses are, and psychological hazards must be eliminated just like every other hazard. Psychological harms are preventable; they are not “just part of the job.” Every worker has the right to a workplace that is safe for both body and mind.

**What:** Day of Mourning ceremony  
**Where:** Location with full address  
**When:** Tuesday, April 28 at (time)  
**Who:** Labour Leader X

To arrange an interview on or before the Day of Mourning, please contact:

Name

Title

Email

Phone number