

Proclamation

***Recognizing September 2022 as
Suicide Prevention Awareness Month***



WHEREAS, September is Suicide Prevention Awareness Month — a time to raise awareness of this stigmatized, and often taboo, topic. We use this month to shift public perception, spread hope and share vital information to people affected by suicide; and

WHEREAS, after years of advocacy and preparation, **988** is now available nationwide as the new number to contact for mental health, substance use and suicide crises - a simple, easy-to-remember way for people to get help. This new number will allow people to quickly connect with support during a crisis, 24/7, no matter where they live; and

WHEREAS, Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues; and

WHEREAS, Suicide is the 2nd leading cause of death among people aged 10 – 34 and the 10th leading cause of death overall in the U.S and the overall suicide rate in the U.S. has increased by 35% since 1999; and

WHEREAS, while suicide prevention is important to address year-round, Suicide Prevention Awareness Month provides a dedicated time to come together with collective passion and strength to address difficult topic. The truth is, we can all benefit from honest conversations about mental health conditions and suicide, because just one conversation can change a life; and

WHEREAS, if you are concerned about suicide and don't know what to do, call the National Suicide Prevention Lifeline at 1-800-273-8255 or dial 988; and

NOW THEREFORE, I, Geoffrey Thomas, Mayor of the City of Monroe, Washington, proclaim the September 2022, as

SUICIDE PREVENTION AWARENESS MONTH

and encourage all residents to take the time to inquire as to the wellbeing of their family, friends, and neighbors and to genuinely convey their appreciation for their existence by any gesture they deem appropriate. A simple phone call, or message can go a long way towards helping someone realize that suicide is not the answer.

A handwritten signature in blue ink, appearing to read "Geoffrey Thomas", written over a horizontal line.

Geoffrey Thomas, Mayor