

## **PROCLAMATION**

***WHEREAS, September is known globally as “Suicide Prevention Month”, the National Suicide Prevention + Action Month Proclamation was created to raise the visibility of the mental health resources and suicide prevention services available in our community; and***

***WHEREAS, the goal is to start the conversation about mental health and the impact of suicide to help remove the stigma and help connect people to the appropriate support services; and***

***WHEREAS, nearly 46,000 people died by suicide across the United States in 2020 and approximately 1.2 million Americans attempted suicide in the same period; and***

***WHEREAS, 72 percent of communities in the United States did not have enough mental health providers to serve residents in 2021, according to federal guidelines; and***

***WHEREAS, according to the American Foundation for Suicide Prevention, in 2020 suicide was the 10th leading cause of death in Washington State and the second leading cause of death among individuals between the ages of 20 and 34 in the state; and***

***WHEREAS, people who lose family, friends, co-workers, neighbors and community members are also significantly impacted. This can include depression and anxiety, physical complaints, irritability and rage, avoidance, detachment, guilt and shame, and traumatic stress disorder; and***

***WHEREAS, 2021 CDC data shows increases in suicide rates amongst Native American, Black, Latinx and Hispanic people, revealing how structural racism and social and health inequities, among other factors, may negatively impact the mental health and suicide risk of historically marginalized communities; and***

***WHEREAS, community members in crisis can call, text, or chat the 988 Lifeline from a cell phone, land line, or voice-over internet device and be connected to a trained counselor at a 988 Lifeline crisis center. Lifeline is free, confidential and available 24/7, 365 days a year; and***

***NOW, THEREFORE, BE IT RESOLVED, the Olympia City Council, does hereby proclaim September 2024 as***

***SUICIDE PREVENTION MONTH***

***in the City of Olympia and encourages all community members to take the time to understand the importance of mental health education and recognize that taking care of ourselves and others includes taking care of mental health.***

***SIGNED IN THE CITY OF OLYMPIA, WASHINGTON THIS 10<sup>TH</sup> DAY OF SEPTEMBER 2024***

***OLYMPIA CITY COUNCIL***

***Dontae Payne, Mayor***