

PROCLAMATION

OF THE

MENDOCINO COUNTY BOARD OF SUPERVISORS

RECOGNIZING THE WEEK OF SEPTEMBER 8 - 14, 2024 AS NATIONAL SUICIDE PREVENTION WEEK

WHEREAS, the week of September 8-14, 2024 is National Suicide Prevention Week, and September 10th is World Suicide Prevention Day, a time in which individuals, organizations and communities around the world can educate and engage everyone in our community to find their role in suicide prevention; and

WHEREAS, suicide is the 11th leading cause of death in the United States (NAMI.org) and there is a death by suicide on average once every eleven minutes in the United States ([CDC.org](https://www.cdc.org)); and

WHEREAS, suicide risk is pervasive to all individuals with 13.2 million adults seriously considered suicide in the past year ([CDC.org](https://www.cdc.org)) and among high school students, approximately 1 in 5 (or about 20%) have seriously considered attempting suicide ([CDC.org](https://www.cdc.org)); and

WHEREAS, suicide is preventable; the CDC and other organizations emphasize several key strategies that can significantly reduce the risk of suicide including strengthening economic supports, creating protective environments, improving access to mental health care, promoting healthy connections, and teaching coping skills.

WHEREAS, cultivating and maintaining wellness is a lifelong pursuit, and individuals of all ages can benefit from integrating wellness and social supports into their daily routine to prevent or reduce the severity of a broad range of health and behavioral health problems; and

WHEREAS, all Californians are urged to play a role in suicide prevention and promote mental health and wellness as we strive towards zero suicides.

NOW, THEREFORE, BE IT RESOLVED, that the Board of Supervisors of the County of Mendocino, hereby proclaims September 8-14, 2024, as:

“Suicide Prevention Week”

Dated:

Maureen Mulheren, Chair