



**PROCLAMATION
TOWN OF RIDGWAY, COLORADO**

**A PROCLAMATION DECLARING SEPTEMBER 2021 AS
NATIONAL SUICIDE PREVENTION AWARENESS AND RECOVERY MONTH**

WHEREAS, the week of September 5-11, 2021, is National Suicide Prevention Week, and September 2021 is both National Suicide Prevention Awareness Month and National Recovery Month, when millions of people around the world join their voices to share a message of hope and healing; and

WHEREAS, suicide remains the 10th leading cause of death in the United States and the 2nd leading cause of death among individuals between the ages of 10 to 34; and

WHEREAS, in the United States over 47,000 people died by suicide in 2019, which is about one death every 11 minutes (Centers for Disease Control); and

WHEREAS, suicide is the only leading cause of death in the United States that has increased every year for the past decade; and

WHEREAS, resiliency begins early in life within families, daycares, and schools, and can be strengthened and reinforced throughout the life span; and recovery and wellness encompass the whole individual, including mind, body, spirit, and community; and

WHEREAS, the benefits of preventing and overcoming mental health challenges, suicide attempts and loss, and substance abuse are significant and valuable to individuals, families, and our community at large; and

WHEREAS, it is essential that we educate residents about suicide, mental health and substance abuse problems and the ways they affect all people in the community; and

WHEREAS, we must encourage relatives, friends, co-workers, and providers to recognize the signs of a problem, and guide those in need to appropriate services and supports; and

WHEREAS, organizations such as the American Foundation for Suicide Prevention and Tri-County Health Network are dedicated to saving lives and bringing hope to those affected by suicide, through research, education, advocacy and resources for those who have lost someone to suicide or who struggle, and urge that we:

1. Recognize suicide as a preventable national, state, and local public health problem and declare suicide prevention to be a priority.
2. Acknowledge that no single suicide prevention program or effort will be appropriate for all populations or communities.
3. Address the disparity in access to mental healthcare for underrepresented groups, and advocate for ending these disparities
4. Fund new suicide research to support culturally informed and evidence-based mental health care and services.
5. Promote awareness that there is no single cause for suicide, and that suicide most often occurs when stressors exceed the coping abilities of someone struggling with a mental health condition.
6. Develop and implement strategies to improve and increase access to quality mental health, substance use, and suicide prevention services and programs.

THEREFORE, BE IT RESOLVED that we, the Ridgway Town Council, do hereby recognize the month of September 2021 as “National Suicide Prevention Month” in the Town of Ridgway.

Dated this 8th day of September 2021

By: _____
John Clark, Mayor

Attest: _____
Pam Kraft, Town Clerk