



# PROCLAMATION

WHEREAS, September is recognized as National Suicide Prevention Month, and September 10, is World Suicide Prevention Day, this is a time when millions of people around the world join their voices to raise awareness of suicide prevention, treatment and recovery; and

WHEREAS, this is a time that is dedicated to bringing visibility to the role everyone in the community can play in preventing suicide and to encourage all community members to know the signs, find the words, and reach out to someone they are concerned about; and

WHEREAS, the stigma associated with mental illness and suicide continues to work against suicide prevention efforts by discouraging our friends, family and neighbors at risk for suicide from seeking life-saving assistance and further traumatizes survivors of suicide; and

WHEREAS, education about the warning signs of suicide, the value of preventative measures and the best methods to support those in need is essential to our community; and

WHEREAS, suicidal thoughts can affect anyone regardless of age, gender, race, orientation, income level, religion, or background; and

WHEREAS, according to the CDC, each year more than 41,000 people die by suicide and suicide is the 10th leading cause of death among adults in the US, and the 2nd leading cause of death among people aged 10-34; and

WHEREAS, every member of our community should understand that throughout life's struggles we all need the occasional reminder that we are all silently fighting our own battles; and

WHEREAS, we can all help prevent suicide, if you or someone you know needs support now, call or text the Suicide Crisis Lifeline 988 or chat 988lifeline.org.

NOW, THEREFORE, I, Sharon Scheidt, Mayor of the City of Valdez, do hereby announce and proclaim, that the Month of September is designated as

## **Suicide Prevention Awareness Month**

And encourage all citizens 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.

CITY OF VALDEZ, ALASKA

*Sharon Scheidt*

Sharon Scheidt, Mayor

ATTEST:

*Sheri L. Pierce*

Sheri L. Pierce, MMC, City Clerk

