

# Proclamation

## September 2024 as National Suicide Prevention Month

WHEREAS, suicide is a global public health concern, affecting individuals, families, and communities regardless of age, gender, socioeconomic situation, or background; and

WHEREAS, each life lost to suicide represents a community member—a child, a parent, a grandparent, a colleague, or a companion—a human being that was important to someone. Each death represents someone who contributed meaningfully to others' lives and for whom the promise of their future was cut short. Each death creates a devastating impact to families and communities; and

WHEREAS, death by suicide is much too common:

- (1) In Colorado, 1,290 lives were lost to suicide in 2023;
- (2) In Adams County, 101 Adams County lives were lost to suicide in 2023;
- (3) In Adams County, suicide was the ninth (9<sup>th</sup>) leading cause of death in 2023;
- (4) In Adams County, from 2010-2023, rates of suicide deaths have increased by 25%;
- (5) In Adams County in 2023, nearly half of all suicide deaths involved a firearm.
  - a. When a firearm is involved in a suicide attempt, it is much more likely to result in death—90% of attempts involving a firearm are lethal.

WHEREAS, the Adams County Health Department has created a Suicide Prevention Framework to better identify and address challenges, gaps and needs in our community, as well as to begin rolling out evidence-based practices and solutions to actively address those opportunities; and

WHEREAS, suicide deaths are preventable, and there is a significant need to increase knowledge of suicide prevention efforts and mental health resources available in our community; and

WHEREAS, it is important for all of us to talk about our mental health with people we trust, and to seek professional care when we need it, just as we would for a physical injury; and

WHEREAS, we all have mental health, we experience good days and bad days, and we face challenges with our mood and emotions; and

WHEREAS, significant effort is needed to reduce stigma surrounding mental health and seeking help. More work is also needed to foster a culture of open communication, empathy, and understanding to prevent suicide deaths and to support those who may be struggling; and

WHEREAS, the 988 Colorado Mental Health Line offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress. Anyone can call or text [988](tel:988) or chat [988lifeline.org](https://988lifeline.org) for themselves or for loved ones they are concerned about; and

WHEREAS, each of us who live and/or work in Adams County has a role to play to prevent suicide by seeking support for our own mental health when needed, and in turn, supporting those in our lives with their mental health and working to reduce stigma around suicide and mental health care; and

WHEREAS, in September, national observances are held for both Suicide Prevention Month and Suicide Prevention Awareness Week (Sept. 8-14), and a global observance is held for World Suicide Prevention Day (Sept. 10).

NOW, THEREFORE, BE IT RESOLVED, that the Adams County Board of Commissioners in the State of Colorado recognizes September as Suicide Prevention Month in Adams County.

In witness whereof, we have set our hands and caused the seal of the county to be affixed  
September 10, 2024.