

City of San Rafael
Proclamation in Recognition of
Suicide Prevention Awareness Month,
September 1 – 30, 2024

WHEREAS, National Suicide Prevention Month is recognized in September, and throughout the month mental health advocates, prevention organizations, survivors, allies, and community members unite to promote and raise awareness surrounding suicide prevention support and resources available; and

WHEREAS, suicidal thoughts and intrusions can affect anyone regardless of age, race, gender, sexual orientation, financial situation, religion and background, and suicide is a local, national, and international public health problem with far-reaching social, emotional and economic consequences; and

WHEREAS, in Marin County, 182 friends, neighbors, and family members died by suicide between 2018 and 2022, with an additional 962 self-harm injuries requiring visits to the Emergency Room during those years; and

WHEREAS, in the United States, suicide is the second leading cause of death among individuals between the ages of 10 to 34, and with every death there are over 25 suicide attempts; and when warning signs are recognized, learning the facts and having conversations with someone we are concerned about can lead to interventions and suicide can be prevented, and healing can begin; and

WHEREAS, over 90% of the people who die by suicide have an underlying, diagnosable mental health condition or substance abuse disorder, and destigmatization and resources for individuals and the supporters of those who are struggling with mental health and wellness is paramount in supporting personal harm reduction; and

WHEREAS, the City reminds all residents and community members that the National Alliance on Mental Illness and the 988 Suicide and Crisis Lifeline (dial 988) works to help individuals in crisis and provide resources for loved ones who want to support individuals, and that everyone can help prevent suicide by learning the warning signs, promoting prevention and resilience, and committing to social change.

THEREFORE, BE IT RESOLVED that the Mayor and City Council of the City of San Rafael hereby proclaim the month of September 2024, as Suicide Prevention Awareness Month in the City of San Rafael and encourages all citizens to advance equity in mental health, transform how mental health is understood, perceived, and treated, and strive to build safe and supportive environments for our community.



A handwritten signature in blue ink that reads "Kate".

Kate Colin
Mayor