

**City of San Rafael
In Recognition of
Suicide Prevention Awareness Month 2022**

- WHEREAS,** September is known as National Suicide Prevention Month and is intended to help raise awareness surrounding suicide prevention resources available in the community; and
- WHEREAS,** suicidal thoughts can affect anyone regardless of age, gender, race, orientation, income level, religion or background; and
- WHEREAS,** according to the Centers for Disease Control, each year more than 46,000 people die by suicide – that’s one death every 11 minutes; and
- WHEREAS,** suicide is the 2nd leading cause of death for people ages 10 – 34, the 10th leading cause of death in the US; and
- WHEREAS,** 90% of people who die by suicide have experienced symptoms of a mental health condition; and
- WHEREAS,** organizations like the National Alliance on Mental Illness and the 988 Suicide and Crisis Lifeline (just dial 988) work to help individuals in crisis and provide resources to shed light on this highly stigmatized topic; 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,** everyone can help prevent suicide by learning the warning signs, promoting prevention and resilience, and committing to social change.

NOW, THEREFORE, I, Kate Colin, Mayor of San Rafael, do hereby proclaim the month of September 2022 as Suicide Prevention Awareness Month and in doing so, urge all residents and community members to strive to build safe and supportive environments and eliminate the stigma surrounding mental health issues that too often prevents people from seeking the care they need.



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

Kate Colin
Mayor