

**City of San Rafael**  
**Proclamation in Recognition of**  
**Suicide Prevention Month, September 2023**

- WHEREAS,** the month of September is recognized as National Suicide Prevention Month, and throughout the month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote and raise awareness surrounding suicide prevention resources available in the community; and
- WHEREAS,** suicide is a national and statewide public health problem, and suicidal thoughts can affect anyone regardless of age, race, gender, orientation, financial situation, religion and background, or any other factors; and
- WHEREAS,** suicide remains a 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,** over 90% of the people who die by suicide have a diagnosable and treatable mental health condition, although often that condition is not recognized or treated, and the destigmatization of seeking help is paramount in supporting individuals; and
- WHEREAS,** the National Alliance on Mental Illness and the 988 Suicide and Crisis Lifeline (just dial 988) works to help individuals in crisis and provide resources; and
- WHEREAS,** everyone can help prevent suicide by learning the warning signs, recognizing the importance of checking on and supporting one another, promoting prevention and resilience, and committing to social change, all of which are significant and valuable to individuals, families, and our community at large.

**THEREFORE, BE IT RESOLVED** that the Mayor and City Council of the City of San Rafael hereby proclaim the month of September 2023, as Suicide Prevention 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, appearing to read "Kate", written over a horizontal line.

**Kate Colin**  
**Mayor**