

# *Proclamation*

*City of Longview, Washington*

## *Suicide Awareness & Prevention Month September 2018*

*WHEREAS, suicide is the eighth leading cause of death in Washington, the second leading cause of death nationwide among people aged 10-24; and*

*WHEREAS, 80 to 90 percent of the more than 44,000 individuals who die by suicide nationwide each year have a diagnosable mental health disorder and are vulnerable to suicidal thoughts; and*

*WHEREAS, each person's death by suicide intimately affects at least six other family members, friends or loved ones, with over 200,000 newly bereaved each year; and*

*WHEREAS, government agencies, businesses, schools, faith-based organizations, health care providers and citizens can help promote mental wellness and support suicide prevention efforts; and*

*WHEREAS, , education and prevention tools must be promoted so those at risk of attempting suicide can be identified and connected to effective treatment services; and*

*WHEREAS, the National Alliance on Mental Illness of Southwest Washington urges all members of our community to take the ASK Suicide Awareness and Prevention Pledge to ask directly about thoughts of suicide when concerned about someone, to offer or seek non-judgmental support, and to be kind to self and others to reduce the incidence of suicide in our community,*

*NOW, THEREFORE, I, Don Jensen, Mayor of the City of Longview, do hereby proclaim the month of September to be "**Suicide Awareness and Prevention Month,**" in Longview and call upon all residents to help increase suicide awareness by learning to ASK about suicide, offering support for individuals in distress and cultivating a culture of kindness that helps reduce trauma and the rate of suicide in our community.*

*In witness whereof, I have hereunto set my hand and caused the seal of the City of Longview to be affixed this 13<sup>th</sup> day of September 2018.*

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*Don Jensen, Mayor*