

# PROCLAMATION

## City of Monrovia

**WHEREAS;** in 2022, suicide was the 11th leading cause of death in the United States and the 2nd leading cause of death among individuals between the ages of 25 to 34; and

**WHEREAS;** in 2022, there were an estimated 49,476 suicide deaths and 1.6 million suicide attempts in the United States; 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

**WHEREAS;** , the stigma associated with mental health conditions and suicidality works against suicide prevention by discouraging persons at risk for suicide from seeking life-saving help and further traumatizes survivors of suicide loss and people with lived experience of suicide; and

**WHEREAS;** if someone can get through the intense and short moment of active suicidal crisis, chances are they will not die by suicide; and

**WHEREAS;** everyone has a role to play in preventing suicide and can learn suicide risks and warning signs and encourage those who struggle to seek help; and

**WHEREAS;** organizations such as The American Foundation for Suicide Prevention envision a world without suicide, and are dedicated to saving lives and bringing hope to those affected by suicide, through research, education, advocacy and resources for those who have lost or struggle; and

**NOW, THEREFORE, I,** Becky Shevlin, Mayor of the City of Monrovia, California, along with the entire City Council, do hereby proclaim the week of September 8-14, 2024, as

*"National Suicide Prevention Awareness Week"*

in Monrovia, and encourage all residents to take the time to check in with their family, friends, and neighbors on regular basis and to honestly communicate their appreciation for their existence by any gesture they deem appropriate. A simple phone call, message, handshake, or hug can go a long way towards helping someone realize that suicide is not the answer

~ Dated this 3<sup>rd</sup> day of September, 2024 ~

