

Proclamation

“World Suicide Prevention Day” September 10, 2023

Whereas, September 10, 2023 is World Suicide Prevention Day; and,

Whereas, the goal of World Suicide Prevention Day is to raise awareness about suicide as a preventable cause of death, increase knowledge of suicide prevention efforts to decrease the number of suicides in Adams County, Colorado, and to provide support to those affected; and,

Whereas, suicide is a global public health concern, affecting individuals, families, and communities regardless of age, gender, socioeconomic situation, or background; and,

Whereas, death by suicide is much too common:

- (1) Worldwide, 9 people per 100,000 died by suicide, or more than 730,000 lives lost to suicide in 2019;
- (2) Nationally, 14 people per 100,000 died by suicide, or 48,183 lives lost to suicide in 2021;
- (3) In Colorado, 22 people per 100,000 died by suicide, or 1,287 lives lost to suicide in 2022;
- (4) In Adams County, 20 per 100,000 people died by suicide, or 111 Adams County lives lost to suicide in 2022:

Whereas, each death represents a community member, a child, a parent, a grandparent, a colleague, a companion; each death represents someone who contributed meaningfully to others' lives and for whom the promise of their future was cut short; each death creates a devastating impact to families and communities; and,

Whereas, we all have good days and bad days and face challenges with our mood and emotions; significant effort is needed to reduce stigma surrounding seeking help for mental health challenges and to foster a culture of open communication, empathy, and understanding to prevent suicide deaths and to support those who may be struggling; and,

Whereas, it is important to talk about mental health with someone we trust and seek professional care when we need it, just as we would for a physical injury; and,

Whereas, immediate support is available everyday 24/7 through [Colorado Crisis Services](#) at [1.844.493.TALK](tel:1844493TALK) (8255) or text TALK to 38255 to access a live chat available in 17 languages; and,

Whereas, suicide is a public health issue that can and should be prevented, and each of us who live and/or work in Adams County has a role to play to prevent suicide; and,

Now, Therefore, Be it Resolved, that the Board of Commissioners, of the County of Adams, State of Colorado, proclaims September 10, 2023 as **World Suicide Prevention Day**; and,

- (1) supports the goals and ideals of World Suicide Prevention Day and recognizes suicide as preventable;
- (2) acknowledges the importance of working across County Departments, municipalities, and community-based organizations to decrease the number of deaths by suicide;
- (3) encourages the people of Adams County to learn how they can decrease death by suicide within their community;
- (4) commits to focus on the prevention of suicide in alignment with the Adams County Health Department Suicide Prevention Framework by:
 - (A) decreasing access to lethal means;
 - (B) assessing accessibility of mental health resources and addressing identified gaps as a community;
 - (C) supporting service organizations to implement best practices to screen, refer and treat those identified to be at-risk of suicide;
 - (D) providing training to recognize signs and symptoms of mental health challenges and increase capacity to respond;
 - (E) strengthening supports for youth to build resilience and problem solving skills;
 - (F) reinforcing social cohesion so that residents have social support through both formal and natural community connections;
 - (G) promoting and protecting the health of people in Adams County where they live, work and play through all of our decisions;
- (5) *Acknowledges* each of us can make a difference to someone in their darkest moments, as a member of our society, as a child, as a parent, as a friend, as a colleague or as a neighbor. We can all play a role in supporting those experiencing a suicidal crisis or those bereaved by suicide.

In witness whereof, we have set our hands and caused the seal of the county to be affixed September 5, 2023.