

Suicide Awareness Month 2024

Proclamation

WHEREAS Many factors may contribute to a person considering suicide. The Center for Disease Control (CDC) estimated that, in 2022, 13.2 million American adults seriously thought about suicide, 3.8 million planned a suicide attempt, and 1.6 million attempted suicide. Suicide continues to affect innumerable communities across the world, creating a critical need to raise awareness about prevention. According to the World Health Organization (WHO), over 700,000 individuals die by suicide annually.

WHEREAS Suicide is the 11th leading cause of death in Texas, and approximately 4,193 Texans die by suicide each year (American Foundation for Suicide Prevention, 2022). Suicide attempts and deaths are once again increasing after 2 years of decline from 2019-2020 (CDC). Feelings of hopelessness, isolation and stigma commonly combine with additional factors and variables to increase the risk of suicide attempts. It is more important than ever to educate people on what factors contribute and lead to suicide attempts and deaths and encourage people to support one another.

WHEREAS The month of September is National Suicide Prevention Month. Effective suicide prevention involves actively connecting and reaching out to individuals who may be struggling. This effort requires educational awareness of warnings signs, linking survivors and loved ones to helpful resources, providing guidance on supporting a struggling loved one, and destigmatizing the emotional and psychological challenges often preceding suicidal thoughts or attempts.

WHEREAS Suicide Awareness Month strives to promote suicide prevention resources, reduce social isolation, honor survivors, and remember those lost to suicide. This year's program continues a tradition of partnering with Texas A&M AgriLife Extension to host a 4-week suicide prevention walk challenge designed to reduce stigma and spread hope throughout the Aggie community. Suicide Awareness Month also features both virtual and in-person opportunities, including gatekeeper trainings, various mental health program initiatives, and an in-person kickoff event on Tuesday, Sept. 10, at 6:00 p.m. in Rudder Plaza at Texas A&M University. Suicide Awareness Month empowers Texas A&M and surrounding community members to take the first steps toward a greater wellbeing together.

NOW THEREFORE BE IT PROCLAIMED the month of September as Suicide Awareness Month.

County Judge

Commissioner Precinct 1

Commissioner Precinct 2

Commissioner Precinct 3

Commissioner Precinct 4

Date

