



National Suicide Prevention & Action Month Proclamation

WHEREAS With September recognized as "Suicide Prevention and Action Month," the Cape and Islands Suicide Prevention Coalition invites our communities, mental health advocates, prevention organizations, survivors, and allies to join us in helping to destigmatize mental health through initiative-taking action toward suicide prevention. We seek to raise awareness and visibility of suicide prevention resources in our communities and help connect individuals with the appropriate support services such as 988; and

WHEREAS According to the American Foundation for Suicide Prevention (A.F.S.P.), suicide is the second leading cause of death among individuals between the ages 10 and 34 with more than 49,476 people dying by suicide annually in the United States; and

WHEREAS With an average of 132 suicide deaths daily and each one directly impacting 125 additional people, including friends, service members, family, social media connections, and neighbors we know a sizable number of individuals have been impacted by suicide; and

WHEREAS Barnstable County's suicide rate is 1.5 times higher, standing at 14.4 per 100,000 vs the state of Massachusetts' suicide rate of 9.4 per 100,000, we recognize the need to create hope through action locally, and

WHEREAS Our local Cape and Islands Suicide Prevention Coalition works hard to spread the word about prevention, awareness, education and action through training, forums, and events in our region; and

WHEREAS Barnstable County Regional Government commits to being an active prevention partner with the Cape and Islands Suicide Prevention Coalition and publicly places its full support behind those who work in the field of suicide prevention and research, mental health, community health; education, and law enforcement who deal with this daily; and

WHEREAS We encourage all residents to take time to understand mental health and suicide through education and recognize that we need to take care of our mental health while we take care of each other.

NOW, THEREFORE, be it resolved that the Barnstable County Board of Regional Commissioners, do hereby proclaim the month of September 2024 as National Suicide Prevention & Action Month in Barnstable County.

Barnstable County Board of Regional Commissioners,

Ronald Bergstrom

Date: August 14, 2024

Sheila Lyons

Mark Forest