

Proclamation

City of Edmonds • Office of the Mayor

National Suicide Prevention Month

- Whereas; September is known as "National Suicide Prevention Month," and September 5 -11 as "National Suicide Prevention Week; and
- Whereas; suicidal thoughts can affect anyone regardless of age, gender, race, orientation, income level, religion, or background; and according to the American Foundation for Suicide Prevention (AFSP), Suicide is the 10th leading cause of death among adults, and the 2nd leading cause of death among individuals between the ages of 10 and 34 in the United States; and
- Whereas; more than 48,000 people died by suicide across the United States in 2018, with an average of 132 suicides daily, which includes active military and veterans accounting for 13.5% of all suicides nationally; and
- Whereas; every year in Snohomish County more than 100 residents die by suicide; and
- Whereas; Edmonds-Woodway 10th and 12th grade High School students reported a concerning number of attempted suicides and those considering attempting suicide in the 2018 Washington State Healthy Youth Survey; and
- Whereas; residents age 65 and older comprise about 13% of the U.S. population but account for over 18% of all suicides, with the most common cause for elderly suicide, as for all suicides, is untreated depression; and
- Whereas; each and every suicide directly impacts a minimum of 100 individuals, including family, friends, co- workers, neighbors, health care professionals and community members; and
- Whereas; the vast majority of people who struggle with difficult circumstances, emotional and physical pain do not go on to die by suicide and that sharing these stories of hope and recovery can strengthen our community; and
- Whereas; Edmonds, Washington is no different than any other community across the country, and chooses to publicly place our full support behind local educators, mental health professionals, athletic coaches, the faith community, law enforcement officers, and parents as partners in supporting our community and simply being available to talk openly and listen without judgement to one another; and
- Whereas; every member of our community should understand that throughout life's struggles we all need the occasional reminder that we are all fighting our own battles; and
- Whereas; the impact of the COVID-19 pandemic on mental health has been serious for all groups, it has been felt the greatest by our children and teens as well as by the members of our Asian American and Pacific Islander communities who have faced racist maligning; and
- Whereas; we encourage all residents to take the time to reflect on their own wellbeing as well as to check in with their family, friends, and neighbors on a regular basis and to honestly communicate their appreciation for their existence by any gesture they deem appropriate. A simple phone call, text message, note, handshake, or hug, can go a long way towards helping someone realize that they matter and help them overcome a potential suicidal crisis.

Now, therefore, be it resolved that the Mayor and City Council of the City of Edmonds do hereby proclaim the month of September 2021, as Suicide Prevention Month in the City of Edmonds.

Dated this 7th day of September, 2021.



Mike Nelson, Mayor