



Suicide Awareness and Prevention Month

September 2022

WHEREAS, suicidal thoughts can affect anyone, regardless of age, gender, race, orientation, income level or background; and

WHEREAS, Over 48,000 deaths annually are attributed to suicide; with suicide rates in Colorado ranking 6th nationally, and 55 lives lost to suicide in Weld County during 2020; and

WHEREAS, one of the most important protective factors from suicide is having a trusted person to turn to when feeling isolated or hopeless; a person who will not judge, dismiss, or try to fix the problem, but instead encourage individuals to be open about their feelings and tell their stories; and

WHEREAS, suicide prevention starts with actively challenging stigma around mental health and building skills that help us approach the topic of suicide with out shame or judgement, so we can save lives; and

WHEREAS, North Range Behavioral Health's Suicide Education and Support Services (SESS) program supports those who have lost someone to suicide and provides education to Mead residents that help build critical suicide prevention skills; and


WHEREAS, collaborative prevention and education efforts of North Range, Suicide Education and Support Services (SESS), Imagine Zero of Weld County, along with numerous survivors, and community partners help to spread hope in Mead; and

WHEREAS, September is recognized as National Suicide Awareness and Prevention Month with the goal of promoting awareness surrounding suicide prevention resources and support available to us and our community; and

WHEREAS, we encourage all residents to learn how to talk about mental health; research suicide prevention resources available nationally and throughout Weld County; check in on the wellbeing of your family, friends, and neighbors; and share genuine appreciation for the people in your life by any gesture you deem appropriate;

NOW, THEREFORE, I, **Colleen Whitlow, Mayor**, do hereby designate the month of September as Suicide Awareness and Prevention Month.

Given under my hand and Seal of the Town of Mead, Colorado
On this 29th day of August, 2022


Colleen G. Whitlow
Mayor

