

Proclamation Designating September 2016 as National Suicide Prevention Month in Hidalgo County

WHEREAS, in the United States, one person dies by suicide every 12.3 minutes, with 42,773 deaths by suicide in our country during 2014; and

WHEREAS, in our country, suicide is the 2nd leading cause of death for 15-24 year olds, and is the 10th leading cause of death for people of all ages; and

WHEREAS, suicide is the 10th leading cause of death in the United States and the 2nd leading cause of death among individuals between the ages of 10 to 34;

WHEREAS, each person's death by suicide intimately affects at least six other people, with over 200,000 newly bereaved each year; and

WHEREAS, in 2014, 3,254 Texans died by suicide, and several thousand friends and family members were changed forever by losing those people; and

WHEREAS, many of those people who died never received effective behavioral health services, for many reasons including the difficulty of accessing services by healthcare providers trained in best practices to reduce suicide risk, the stigma of using behavioral health treatment and the stigma associated with losing a loved one to suicide; and

WHEREAS, the Hidalgo County Commissioners Court hereby urges all residents of Hidalgo County to: recognize suicide as a significant public health problem and declare suicide prevention a countywide priority; support the development of accessible behavioral health services, including implementing national best practices in reducing suicide risk for people of all ages and backgrounds; and acknowledge that no single suicide prevention effort will be sufficient or appropriate for all populations or communities; and

WHEREAS, far too many people die by suicide each year, and most of these deaths are preventable; and

WHEREAS, the National Suicide Hotline 1-800-273-TALK (8255); everyone is encouraged to save this number and use it when you, a friend, or loved one is experiencing a crisis so that lives can be saved; and

WHEREAS, the local annual "Out of the Darkness Walk" will be held in Hidalgo County on November 12, 2016 at the Edinburg Municipal Park to raise awareness about suicide prevention and to honor the memory of those we have lost to suicide.

NOW THEREFORE IT BE RESOLVED that the Hidalgo County Commissioners Court hereby designates September 2016, as "Suicide Prevention Month" in Hidalgo County and urges all Hidalgo County residents to honor the lives and learn how they can help raise awareness, heed warning signs, and encourage those in crisis to seek help, because Suicide Prevention Is Everyone's Business, and one more life lost to suicide is too many.