

*Proclamation Recognizing September 2026 as
National Suicide Awareness Month*

Whereas In the United States, suicide remains a pressing health concern. According to the American Foundation for Suicide Prevention (AFSP), suicide is the 10th leading cause of death in the country and is the second leading cause of death among individuals ages 10 to 34; and

Whereas The latest data from the Centers for Disease Control and Prevention (CDC) reveals that 48,789 Americans died by suicide in 2025, additionally, the number of people who think about or attempt suicide is even higher, highlighting the critical need for continued awareness and intervention; and

Whereas September is designated as National Suicide Awareness Month, which includes National Suicide Prevention Week from Sunday, September 6 through Saturday, September 12, and World Suicide Prevention Day on September 10 each year. These observances offer an opportunity to raise awareness and engage both health professionals and the public in recognizing and understanding the warning signs of suicide. Suicidal thoughts, like other mental health conditions, can affect anyone regardless of age, gender, or background; and

Whereas Community organizations, mental health professionals, schools, healthcare providers, faith communities, families, and local agencies play an important role in identifying individuals who may be at risk, connecting people with appropriate resources, and promoting hope and recovery; and

Whereas The National Alliance on Mental Illness (NAMI) provides education, advocacy, community outreach, NAMI walks, resources, and other support networks for individuals and families affected by mental health challenges. In addition to NAMI, the 988 Suicide & Crisis Lifeline is available 24/7 and provides free, confidential support to anyone experiencing suicidal thoughts, emotional distress, or other mental health crises; and

Whereas Asking directly about suicide, listening without judgement, providing compassionate support, and connecting individuals with appropriate professional and crisis resources are important steps in suicide prevention. Strengthening social connections, improving access to behavioral health services, understanding the warning signs, reducing stigma, and promoting safe environments, can help save lives.

Now, therefore, be it proclaimed that the Hidalgo County Commissioners Court hereby recognizes September 2026 as National Suicide Awareness Month and strongly encourages the community to raise awareness about suicide risk factors and warning signs to foster an environment where every individual feels valued and empowered to seek help.

Approved this 29th day of September 2026.

RICHARD F. CORTEZ
County Judge

DAVID L. FUENTES
County Commissioner, Pct. 1

EDUARDO “EDDIE” CANTU
County Commissioner, Pct. 2

EVERARDO “EVER” VILLARREAL
County Commissioner, Pct. 3

ELLIE TORRES
County Commissioner, Pct. 4

Attest: **ARTURO GUAJARDO, JR.**
County Clerk