

State of Texas  
County of Williamson  
Know all men by these presents:

That on the 12th day of September 2023 the Commissioners Court of Williamson County, Texas met in duly called session at the Williamson County Courthouse, 710 Main Street, Georgetown, Texas, with the following members present:

Bill Gravell, Jr., County Judge  
Terry Cook, Commissioner Precinct One  
Cynthia P. Long, Commissioner Precinct Two  
Valerie Covey, Commissioner Precinct Three  
Russ Boles, Commissioner Precinct Four

And at said meeting, among other business, the Court considered the following:

**PROCLAMATION**

**WHEREAS**, September is National Suicide Prevention Awareness Month and the Williamson County Commissioners Court recognizes suicide as a public health problem with suicide being the 11<sup>th</sup> leading of cause of death overall in the U.S., the 2nd leading case of death for ages 10-14 and 25-34, and the 3<sup>rd</sup> leading cause of death among youth ages 15 to 24, and;

**WHEREAS**, Texas Health and Human Services Commission reports a 36.7 percent increase in suicide between 2000 and 2020, representing a Texan losing their life by suicide approximately every two hours, and;

**WHEREAS**, Texans ages 25-29 saw the greatest increase of any age group with a 69% increase in mortality rate, closely followed by individuals ages 20-24 with an increase of 56.9%, and youth in the foster care system being more than three times the rate for all youth in Texas, and;

**WHEREAS**, there were 72 Williamson County suicides confirmed by the Centers for Disease Control and Prevention in 2021, and for 2022 there are a total of 90 reported suicides that are being confirmed, and;

**WHEREAS**, suicide thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background, and;

**WHEREAS**, suicide is preventable and there is hope when the stigma associated with seeking treatment for mental illness, substance abuse and suicide prevention services is eliminated and barriers that discourage persons at risk from seeking life-saving help are removed, and;

**WHEREAS**, it is important to know the warning signs of suicide, which include: feeling sad and withdrawn for more than 2 weeks; feeling empty, hopeless, trapped, extremely sad, more anxious, agitated or full of rage; changing behaviors, such as: dramatic mood swings, eating or sleeping more or less, using drugs or alcohol more often; and impulsive or reckless behavior, and;

**WHEREAS**, talking openly and honestly to friends and loved ones and not being afraid to ask if they are planning to kill or harm themselves, as it can help save a life. Know that professional help is available, including 24/7 assistance from the National Suicide & Crisis Lifeline at 988, Bluebonnet Trails 24/7 Crisis Hotline – 1-800-841-1255 or 911, for an immediate crisis, where connection to mental health resources is available.

**NOW THEREFORE**, the Williamson County Commissioners Court recognizes September 2023 as National *“Suicide Prevention Awareness Month”* and encourages all to stay connected and to not hesitate to seek mental health treatment, just as you would not hesitate to seek care for a heart attack or diabetes.

**PROCLAIMED THIS 12th DAY OF SEPTEMBER 2023.**

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Bill Gravell, Jr., County Judge