

**Yolo County
Board of Supervisors**

Resolution No. 21-107

Declaring September 2021 as Suicide Prevention Month

WHEREAS, September is National Suicide Prevention Month, all month, mental health advocates, prevention organizations, survivors, allies and community members unite to promote suicide prevention awareness; and

WHEREAS, according to data from the Centers for Disease Control and Prevention, in the United States there are approximately 130 suicides per day and suicide is the 10th leading cause of death. In California, suicide is the 2nd leading cause of death for ages 15-24 and the 3rd leading cause of death for ages 25-34; and

WHEREAS, in Yolo County for the past 55 years, Suicide Prevention of Yolo County, a private, nonprofit organization, has been providing crisis services, support, and dedication to local citizens; and

WHEREAS, Suicide Prevention was founded on the spirit of volunteerism and continues in this tradition through the 24-hour crisis lines that are staffed by trained volunteers who responded to more than 9,200 calls from Northern California counties, July 1, 2020 through June 30, 2021; and

WHEREAS, Suicide Prevention will also operate the North Valley Suicide Prevention Hotline with specialized support and outreach provided to (but not limited to) the following contributing counties: Yolo, Butte, El Dorado, Humboldt, Nevada, Sacramento, Shasta, Solano and Sutter-Yuba to provide crisis line support for callers that reach out for help; and

WHEREAS, the risk of human self-destruction can be reduced through awareness, education, intervention, and treatment; and

WHEREAS, Suicide Prevention of Yolo County provides a 24-hour ASK crisis line for Yolo County's adolescents as part of its "SOS - Signs of Suicide®" school education and prevention program targeted to the junior and senior high schools throughout the county; and a 24-hour school safety and violence crisis line where students can anonymously report concerns about school safety; and

WHEREAS, #BeThe1To is the National Suicide Prevention Lifeline's message for National Suicide Prevention Month and beyond, which helps spread the word about actions we can all take to prevent suicide. These actions include asking others how they are doing and following up after intervention or care; and

WHEREAS, research shows people who are having thoughts of suicide feel relief when someone asks after them in a caring way. Findings suggest acknowledging and talking about suicide may reduce rather than increase suicidal ideation; and

WHEREAS, studies have also shown that brief, low-cost intervention and supportive, ongoing contact may be an important part of suicide prevention, especially for individuals after they have been discharged from hospitals or care services; and

WHEREAS, in September and all year long everyone can do their part to prevent suicide. For further support, contact the Yolo Crisis Line at (888) 233-0228 or the National Suicide Prevention Line at 1-800-273-TALK (8255); and

NOW, THEREFORE, BE IT RESOLVED that the Yolo County Board of Supervisors hereby declares September 2021 as Suicide Prevention Month.

PASSED AND ADOPTED this 14th day of September 2021 by the following vote:

AYES: Barajas, Villegas, Saylor, Sandy, Provenza.

Jim Provenza, Chair
Yolo County Board of Supervisors