

**Yolo County
Board of Supervisors**

Resolution No. 24-116

Declaring September 2024 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 American Foundation for Suicide Prevention, in the United States there are approximately 132 suicides per day and suicide is the 11th leading cause of death. In California, suicide is the 3rd leading cause of death for ages 10-24 and the 2nd leading cause of death for ages 25-34; and

WHEREAS, “Love Over Loneliness” is the theme for this year’s message and reflects the importance, value, and power of the act of building an environment that uses love, community, and communication to overcome loneliness and foster feelings of inclusion and belonging for us all. We can help everyone feel valued and connected at every age. We can support and help connect individuals to resources-allowing us to take action for suicide prevention together; and

WHEREAS, in Yolo County we can all help prevent suicide. The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention, crisis resources, and confidential support to people in suicidal crisis or mental health-related distress:

- Call or text 988 Suicide and Crisis Lifeline 24/7
Veterans text or call 988 dial 1 or text 838255
Línea 988 de Prevención del Suicidio y Crisis- Envía "AYUDA" al 988

WHEREAS, the risk of human self-destruction can be reduced through awareness, education, intervention, and treatment; 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. A digital toolkit is available for “Love Over Loneliness” to support suicide prevention (www.takeaction4mh.com/toolkit-categories/suicideprevention). Promote Suicide Prevention Month online by using the hashtags #SuicidePrevention #takeaction4mh.

NOW, THEREFORE, BE IT RESOLVED that the Yolo County Board of Supervisors hereby declares September 2024 as Suicide Prevention Month.

PASSED AND ADOPTED this 10th day of September, 2024 by the following vote:

AYES: Vixie Sandy, Provenza, Barajas, Villegas, Frerichs.

Lucas Frerichs, Chair
Yolo County Board of Supervisors