

**Yolo County
Board of Supervisors**

Resolution No. 25-116

Declaring September 2025 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 Central for Disease Control, in the United States someone dies from suicide about once every 11 minutes; and

WHEREAS, 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, among adults aged 55 and older, suicide rates are between 3 and 8 times higher for men than women, with men aged 85 and older having the highest suicide rate out of any age and gender group; and

WHEREAS, "Start a Conversation. Be the Difference." is the theme for this year's Suicide Prevention Month, seeking to promote open and honest conversations about mental health and suicide prevention; and

WHEREAS, one conversation asking how someone is doing can save a life; 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 work to prevent suicide deaths by checking in on friends and family, calling 988 in times of mental health crisis, and promoting open discussion of mental health struggles.

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

NOW, THEREFORE, BE IT RESOLVED that the Yolo County Board of Supervisors hereby declares September 2025 as Suicide Prevention Month.

PASSED AND ADOPTED this 23rd day of September, 2025 by the following vote:

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

Mary Vixie Sandy, Chair
Yolo County Board of Supervisors