

**Yolo County  
Board of Supervisors**

**Resolution No. 26-123**

***Declaring September 2026 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; 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

**NOW, THEREFORE, BE IT RESOLVED** that the Yolo County Board of Supervisors hereby declares September 2026 as Suicide Prevention Month.

**PASSED AND ADOPTED** this 22nd day of September, 2026 by the following vote:

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

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Sheila A. Allen, Chair  
Yolo County Board of Supervisors