

# *City of Albany*

## *Proclamation*

### **IN RECOGNITION OF NATIONAL SUICIDE PREVENTION AWARENESS MONTH SEPTEMBER 2021**

**WHEREAS**, September is known around the United States as National Suicide Prevention Awareness Month and is intended to help promote awareness surrounding each of the Suicide Prevention resources available to us and our community. The simple goal is to learn how to help those around us and how to talk about suicide without increasing the risk of harm; and

**WHEREAS**, suicidal thoughts can affect anyone regardless of age, gender, race, sexual orientation or identity, income level, religion, or background; and

**WHEREAS**, according to the CDC, each year more than 48,000 people die by suicide; and

**WHEREAS**, suicide is the 10th leading cause of death among adults in the US, and the second leading cause of death among people aged 10-34; and

**WHEREAS**, lesbian, gay and bisexual youth are 4 times more likely to attempt suicide than straight youth; and

**WHEREAS**, transgender adults are nearly 12x more likely to attempt suicide than the general population; and

**WHEREAS**, some of the highest rates of suicide in the U.S. are among American Indian/Alaska Native and non-Hispanic white communities; and

**WHEREAS**, Albany California is no different than any other community in the country, but chooses to publicly state and place our full support behind local educators, mental health professionals, athletic coaches, recreation leaders, police officers, and parents, as partners in supporting our community in simply being available to one another; and

**WHEREAS**, local organizations like Suicide Prevention Services (SPS) and national organizations like the National Alliance on Mental Illness (NAMI) are on the front lines of a battle that many still refuse to discuss in public, as suicide and mental illness remain too taboo a topic to speak on; and

**WHEREAS**, every member of our community should understand that throughout life's struggles we all need the occasional reminder that we are all silently fighting our own battles; and

**WHEREAS**, we encourage all residents to take the time to inquire as to the wellbeing of their family, friends, and neighbors over the next few days and to genuinely convey their appreciation for their existence by any gesture they deem appropriate. A simple phone call, message, handshake, or hug can go a long way towards helping someone realize that suicide is not the answer.

**NOW, THEREFORE, BE IT PROCLAIMED**, that the Albany City Council does hereby recognize the month of September 2021, as National Suicide Prevention Awareness Month in the City of Albany.

Date: September 7, 2021

---

GE'NELL GARY, MBA - MAYOR

*City of Albany Proclamation No. 2021-19*