

City of Albany

Proclamation

IN RECOGNITION OF NATIONAL SUICIDE PREVENTION AWARENESS MONTH

September 2024

WHEREAS, September is National Suicide Prevention Awareness Month, a time to remember the lives lost to suicide, acknowledge the millions more who have experienced suicidal thoughts, and the many individuals, families and communities that have been impacted by suicide. It's also a time to raise awareness about suicide prevention and share messages of hope, promoting prevention resources available to the community. The goal is to learn how to help those around us and how to talk about suicide without increasing the risk of harm; and

WHEREAS, suicide is a complex problem with no single cause and no single solution. Suicidal thoughts can affect anyone regardless of age, gender, race, sexual orientation or identity, income level, religion, or background; and

WHEREAS, according to the Centers for Disease Control and Prevention, an average of more than 46,000 people have died by suicide each year for the past 10 years; and

WHEREAS, suicide is the 11th leading cause of death among adults in the U.S., and the 2nd leading cause of death among people aged 10-34; and

WHEREAS, education tools for suicide prevention are available through Crisis Support Services of Alameda County at www.crisissupport.org and the Substance Abuse and Mental Health Services Administration (SAMHSA) at www.samhsa.gov. Through these organizations, anyone can learn how to support someone considering suicide; and

WHEREAS, a nationwide, three-digit number (988) for mental health and suicidal crisis has been implemented, connecting people in crisis with trained crisis counselors in the 988 Suicide and Crisis Lifeline network. In addition, the 24-hour Alameda County Crisis Line is 1(800) 309-2131 where trained crisis counselors are available to receive crisis calls and give support; and

WHEREAS, City of 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, recreation leaders, public safety personnel, and parents, as partners in supporting our community in simply being available to one another; and

WHEREAS, local organizations like Crisis Support Services of Alameda County and national organizations like the National Alliance on Mental Illness (NAMI) and SAMHSA 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, the City of Albany would like to acknowledge and recognize Crisis Support Services of Alameda County for their ongoing commitment in the County to reach out and offer support to people of all ages and backgrounds with a broad range of counseling, education and prevention services in a safe environment. Its 24-hour crisis hotline responds to more than 65,000 calls each year.

NOW, THEREFORE, BE IT PROCLAIMED, the Albany City Council does hereby recognize the month of September 2024, as National Suicide Prevention Awareness Month in the City of Albany, and 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.

Date: September 3, 2024



JOHN MIKI, MAYOR

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