

## PROCLAMATION

### September as Suicide Awareness and Prevention Month

**WHEREAS**, suicide is a major public health problem with immediate and long-term effects on individuals, families and communities, and

**WHEREAS**, suicidal thoughts can affect anyone regardless of age, gender, race, orientation, income level, religion, or background; and suicide is a major public health issue that requires vigilant attention and preventative action, and

**WHEREAS**, the ongoing stresses brought on by social unrest and the growing inequality increase risk for self-harm, and

**WHEREAS**, each death by suicide directly impacts numerous family members, friends, loved ones, and by extension the entire rural community; and

**WHEREAS**, research shows that 95% of adults would do something if someone close to them was thinking about suicide if they only knew what to say or do.

**NOW, THEREFORE**, the Port Orford/Langlois School Board proclaims September, 2024 as

### SUICIDE AWARENESS AND PREVENTION MONTH

**BE IT FURTHER RESOLVED** that the Board encourage all citizens to learn the warning signs, trust their gut and use that information to ask a troubled friend, colleague or family member "R U OK?" and be prepared to listen. That conversation could change a life.