



Proclamation

Office of the Mayor, City of Mukilteo

SUICIDE PREVENTION MONTH September 2020

WHEREAS, September is known as National Suicide Prevention Awareness Month, to help promote resources and awareness in regards to suicide and suicide prevention; and

WHEREAS, suicide is the 10th leading cause of death in the United States, and 2nd leading cause of death for individuals aged 15-24; and

WHEREAS, 800,000 people die by suicide in the world each year, which is roughly one death every 40 seconds; and

WHEREAS, in 2018, 48,344 Americans died by suicide, and there were an estimated 1.4 million suicide attempts; and

WHEREAS, Suicide Prevention Month aims to reduce stigma associated with mental health and provide support to those affected by mental illness; and

WHEREAS, the City of Mukilteo remains committed to raising awareness and creating opportunities for dialogue in order to combat stigma and educate our community about mental illness and suicide prevention.

NOW, THEREFORE, I, Jennifer Gregerson, Mayor of the City of Mukilteo, recognize that depression affects many of us, regardless of age, gender or background, and proclaim September as *Suicide Prevention Month* in Mukilteo. I encourage all residents to inquire as to the wellbeing of their family, friends, and neighbors, and learn more about how they can help those who struggle with suicidal thoughts.



Signed this 14th day of September, 2020,

Jennifer Gregerson
Mayor