

# Hidalgo County

## Proclamation declaring September 5-11, 2021 as National Suicide Prevention Week

*Whereas* September 5-11, 2021 is known globally as "Suicide Prevention Week", the National Suicide Prevention Week Proclamation was created to raise the visibility of the mental health resources and suicide prevention services available in our community. The goal is to start the conversation about mental health and the impact of suicide to help connect people with the appropriate support services; and

*Whereas* according to the American Foundation for Suicide Prevention (AFSP), suicide is the 10<sup>th</sup> leading cause of death in the US. More than 47,000 people died by suicide across the United States in 2019, with an average of 130 suicides daily. Each suicide directly impacts a minimum of 100 additional people, including family, friends, co-workers, neighbors, and community members; and

*Whereas* suicidal thoughts, much like other mental health conditions, can affect anyone regardless of age, gender, or background. In fact, suicide is often the result of an untreated mental health condition. Most of the people suffering from poor mental health do not reach out for help for fear of being judged or misunderstood; and

*Whereas* while suicide prevention is important to address year-round, Suicide Prevention Awareness Month provides a dedicated time to come together with collective passion and strength around a difficult topic. Many of the people who died of suicide never received effective behavioral health services, for many reasons including the difficulty of accessing services available; and

*Whereas* all residents of Hidalgo County are urged to recognize suicide as a significant public health problem, support the development of accessible behavioral health services, and acknowledge that no single suicide prevention effort will be sufficient for all populations or communities; and

*Whereas* the National Suicide Hotline is 1-800-273-TALK; everyone is encouraged to save this number and use it when you, a friend, or loved one is experiencing a crisis so that lives can be saved.

**Now therefore, be it proclaimed** that the Hidalgo County Commissioners Court hereby designates September 5-11, 2021, as Suicide Prevention Week and urges all residents gain and spread knowledge about this week and help raise awareness, share compassion, and come together as a community to educate and support each other.

Approved this 7th day of September, 2021.



RICHARD F. CORTEZ  
County Judge



DAVID L. FUENTES  
County Commissioner, Pct. 1



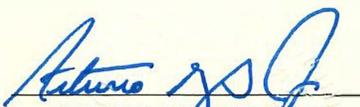
EDUARDO "EDDIE" CANTU  
County Commissioner, Pct. 2



EVERARDO "EVER" VILLARREAL  
County Commissioner, Pct. 3



ELLIE TORRES  
County Commissioner, Pct. 4



Attest: ARTURO GUAJARDO, JR.  
County Clerk

