



County Commissioners of Charles County

PROCLAMATION 2023-63

NATIONAL SUICIDE PREVENTION WEEK

WHEREAS, an estimated 703,000 people a year take their life around the world and for every suicide, there are likely 20 other people making suicide attempt and many more have serious thoughts of suicide; and

WHEREAS, suicide awareness activities started in the 1950's and National Suicide Prevention Week began in 1975 to correspond to World Suicide Prevention Day which was established in 2003 and is recognized annually on September 10; and

WHEREAS, "Creating hope through action" the triennial theme for the World Suicide Prevention Day from 2021-2023 is a reminder that there is an alternative to suicide and aims to inspire confidence and light in all of us; and

WHEREAS, National Suicide Prevention Week is annual campaign observed in the United States to educate and inform the general public about suicide prevention and warning signs of suicide as well as to reduce the stigma surrounding suicide and encourage the pursuit of mental health assistance because going to therapy should be as normalized as going to the gym; and

WHEREAS, dealing with the pandemic, political and world unrest, and economic uncertainty has presented our communities with challenges and transitions that, expected or unexpected, welcomed or not, can be unsettling, disorienting, and stressful and are environmental risk factors for suicide; and

WHEREAS, knowing the signs of suicide, finding the words to communicate with someone of concern, and reaching out to local resources is crucial in connecting, working with, and supporting one another to help prepare us for the future; and

WHEREAS, all Charles County people are urged to play a role in suicide prevention and promote mental health and wellness as we strive towards zero suicides and take the opportunity to be educated about the warning signs for suicide and how to reach out and connect to those experiencing an emotional crisis.

NOW, THEREFORE, WE, THE COUNTY COMMISSIONERS OF CHARLES COUNTY, MARYLAND, proclaim September 10-16, 2023 as **NATIONAL SUICIDE PREVENTION WEEK** and declare September 10, 2023 as **WORLD SUICIDE PREVENTION DAY** in Charles County and urge all people to learn the warning signs to identify and appropriately respond to people at risk.

COUNTY COMMISSIONERS OF
CHARLES COUNTY, MARYLAND

Reuben B. Collins, II, Esq., *President*

Ralph E. Patterson, II, M.A., *Vice President*
District 4

Gilbert O. Bowling, III
District 1

Thomasina O. Coates, M.S.
District 2

Amanda M. Stewart, M.Ed.
District 3



Attest:

Christina L. Elkins, Assistant Clerk to the Commissioners