



# County Commissioners of Charles County

## PROCLAMATION 2024-67

### 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**, 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 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**, National Suicide Prevention Week theme for 2024, "Talk Away the Dark," highlights the fact that being willing to discuss this important topic can reduce stigma, eliminate shame, and serve as a beacon of light and hope for people who are struggling; 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.

**NOW, THEREFORE, WE, THE COUNTY COMMISSIONERS OF CHARLES COUNTY, MARYLAND,** proclaim September 8-14, 2024, as **NATIONAL SUICIDE PREVENTION WEEK** 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

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Attest:

Carol A. DeSoto, Clerk to the Commissioners