



CITY OF BELLINGHAM
OFFICE OF THE MAYOR
SETH FLEETWOOD

MAYORAL PROCLAMATION

WHEREAS, suicide is a national and statewide public mental health problem which occurs among all age groups and across all socioeconomic, racial and ethnic backgrounds, is the 12th leading cause of death in the United States, and the 2nd leading cause of death among individuals between the ages of 15 to 24; and

WHEREAS, more than half of Americans know someone who has thought about suicide; and

WHEREAS, more than 8 million adults report having serious thoughts of suicide, 2.5 million report making a suicide plan, and 1.1 million report a suicide attempt; and

WHEREAS, the stigma associated with mental illness and suicidality works against suicide prevention by discouraging persons at risk for suicide from seeking life-saving help and further traumatizes survivors of suicide; and

WHEREAS, public awareness of the warning signs and the networks available for at-risk individuals are essential to continue lowering the rates of suicide; and

WHEREAS, while there is no single cause of suicide and no single suicide prevention program or effort that will be appropriate for all populations or communities, initiatives based on the goals detailed in the National Strategy for Suicide Prevention and the Washington State Suicide Prevention Plan to increase access to quality mental health, substance abuse, and suicide prevention services will help prevent suicide; and

WHEREAS, suicide is preventable, and it is appropriate to bring awareness about suicide.

NOW, THEREFORE, DO I, Seth Fleetwood, Mayor of the City of Bellingham, proclaim Saturday, September 24, 2022 to be

OUT OF THE DARKNESS SUICIDE PREVENTION DAY

in the City of Bellingham, Washington, as a way to address the mental health needs in Bellingham of seniors, adults, youth, children, and families is fundamental to having a healthy community.



Signed this 16th of September, 2022

Seth Fleetwood, Mayor
City of Bellingham