

We can all help prevent suicide; the National Suicide Prevention Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones. Please call 1-800-273-TALK (8255) or visit suicidepreventionlifeline.org

Whereas; September is known as “National Suicide Prevention Month,” and September 8-14 as “National Suicide Prevention Week; and

Whereas; suicidal thoughts can affect anyone regardless of age, gender, race, orientation, income level, religion, or background; and according to the American Foundation for Suicide Prevention (AFSP), Suicide is the 10th leading cause of death among adults, and the 2nd leading cause of death among individuals between the ages of 10 and 34 in the United States; and

Whereas; more than 48,000 people died by suicide across the United States in 2018, with an average of 132 suicides daily, which includes active military and veterans accounting for 13.5% of all suicides nationally; and

Whereas; Edmonds-Woodway 10th and 12th grade High School students reported a concerning number of attempted suicides and those considering attempting suicide in the 2018 Washington State Healthy Student Survey; and

Whereas; residents age 65 and older comprise about 13% of the U.S. population but account for over 18% of all suicides, with the most common cause for elderly suicide, as for all suicides, is untreated depression; and

Whereas; each and every suicide directly impacts a minimum of 100 individuals, including family, friends, co-workers, neighbors, health care professionals and community members; and

Whereas; the vast majority of people who struggle with difficult circumstances, emotional and physical pain do not go on to die by suicide and that sharing these stories of hope and recovery can strengthen our community; and

Whereas; Edmonds, Washington is no different than any other community across the country, and chooses to publicly place our full support behind local educators, mental health professionals, athletic coaches, the faith community, law enforcement officers, and parents as partners in supporting our community and simply being available to talk openly and listen without judgement to one another; and

Whereas; every member of our community should understand that throughout life’s struggles we all need the occasional reminder that we are all fighting our own battles; and

Whereas; we encourage all residents to take the time to reflect on their own wellbeing as well as to check in with their family, friends, and neighbors on a regular basis and to honestly communicate their appreciation for their existence by any gesture they deem appropriate. A simple phone call, text message, note, handshake, or hug, can go a long

way towards helping someone realize that they matter and help them overcome a potential suicidal crisis.

Now, therefore, be it resolved that the Edmonds City Council, does hereby proclaim the month of September 2020, as Suicide Prevention Month in the City of Edmonds.

Dated this ___ day of ___, 2020.

PERHAPS PUT... WE CAN ALL HELP PREVENT SUICIDE... here

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