



STATE of MINNESOTA

Proclamation

WHEREAS: Suicide is a preventable public health issue that requires preventative action, resources, and caring communities; and

WHEREAS: Suicide is one of the most disruptive and tragic events a family and a community can experience, with more than 800 lives lost to suicide in Minnesota each year; and

WHEREAS: According to the Minnesota Department of Health, suicide is the eighth leading cause of death in Minnesota and the second-leading cause of death among people from the age of 10 to 24; and

WHEREAS: Every day, approximately 132 Americans die by suicide, with approximately 1.4 million Americans attempting suicide last year. Ninety percent of all people who die by suicide have a diagnosable psychiatric disorder at the time of their death; and

WHEREAS: Public awareness of this tragic problem is the key to preventing further suffering and loss of life, and the risk for suicide can be reduced through awareness, education, and treatment; and

WHEREAS: Everyone in our community can play a role in preventing suicide, and all community members are encouraged to know the signs, find the words, and reach out to someone they are concerned about. Depression is a treatable illness, and up to 80 percent of people that seek help for depression experience improvement in symptoms when treated with therapy and/or medication; and

WHEREAS: There is support available during a mental health crisis through the National Suicide Prevention Lifeline at 1-800-273-8255 or through the Crisis Text Line by texting MN to 741-741; and

WHEREAS: While there is no single cause of suicide, and no single suicide prevention strategy that will be appropriate for all populations or communities, initiatives based on the goals detailed in the Minnesota State Suicide Prevention Plan support healthy and empowered individuals, families and communities; coordinate effective programs; promote suicide prevention as a core component of health care services; increase the timelines and usefulness of data systems related to suicide; sustain suicide prevention efforts; and maintain prevention services and supports that help prevent suicide; and

WHEREAS: The month of September is designated as "Suicide Prevention Awareness Month, a month to raise awareness for mental health and suicide prevention while celebrating life and promoting hope.

NOW, THEREFORE, I, TIM WALZ, Governor of Minnesota, do hereby proclaim the month of September 2020, as:

SUICIDE PREVENTION AWARENESS MONTH

in the State of Minnesota.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Minnesota to be affixed at the State Capitol this 28th day of August.

A handwritten signature in black ink that reads "S. J. walz".

GOVERNOR



A handwritten signature in black ink that reads "Steve Simon".

SECRETARY OF STATE

Filed on August 28, 2020
Office of the Minnesota
Secretary of State,
Steve Simon