

Proclamation of the El Paso County Board of Health Recognizing September 2024 as National Suicide Prevention Awareness Month

WHEREAS, the month of September is nationally recognized as Suicide Prevention Awareness Month, a time used to raise awareness about the importance of mental health and how to recognize signs and symptoms someone may experience if in a mental health crisis; and

WHEREAS, there were 1,290 deaths by suicide in Colorado in 2023; and

WHEREAS, 196 El Paso County residents died by suicide and thousands of their friends and family were forever changed by these losses last year; and

WHEREAS, in El Paso County in 2023, suicide was the seventh leading cause of death for people of all ages and men accounted for a disproportionate 77 percent of those deaths; and

WHEREAS, though El Paso County saw an increase in youth suicides in 2023, our upstream suicide prevention efforts with partners throughout the county are expanding; and

WHEREAS, youth mental health and suicide prevention has been a top priority for El Paso County Public Health (EPCPH), who convenes the Youth Suicide Prevention Workgroup, a collaborative of community partners taking collective action in support of youth mental health and suicide prevention; and

WHEREAS, the local community and the Youth Suicide Prevention Workgroup are deeply invested in layered suicide prevention efforts, with The Suicide Prevention Collaborative of El Paso County, the Healthy Communities Collaborative and Pikes Peak Rising. These collaborative efforts have a collective goal to reduce suicide deaths in El Paso County by 20 percent among all age groups by 2028; and

WHEREAS, EPCPH recognizes suicide is a complex community challenge, and each life lost impacts many families, community members, and those who diligently work in suicide prevention. Together, we are changing the conversation about suicide by replacing myths and stigma with information and action steps everyone can take; and

WHEREAS, EPCPH urges all El Paso County residents to take action and prevent suicide in our communities by learning about the risk factors and warning signs as well as local resources, reaching out to someone who has had a relationship end, has had financial challenges, or is navigating grief and loss, asking about suicide directly, and staying connected to those you care about; and

WHEREAS, EPCPH invites residents to take steps for suicide prevention by attending and supporting one of the local walks or running events occurring this September, through Weekends of Hope.

NOW, THEREFORE, BE IT RESOLVED that the El Paso County Board of Health recognizes September 2024 as Suicide Prevention Awareness Month.

MOVED, SECONDED AND ADOPTED BY THE EL PASO COUNTY BOARD OF HEALTH AT ITS MEETING HELD AUGUST 28, 2024, IN COLORADO SPRINGS, COLORADO.  
EL PASO COUNTY BOARD OF HEALTH

Signed by Board President Ted Collas and attested by Board Secretary Susan Wheelan.

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BY:   
President

ATTEST:   
Secretary