

Town of Estancia

Board of Trustees

DESIGNATE SEPTEMBER 2021 AS “SUICIDE PREVENTION AWARENESS MONTH”

WHEREAS, in the United States, over forty-seven thousand individuals died by suicide in 2019 and the number of deaths from suicide continues to increase; and

WHEREAS, New Mexico had five hundred and fifteen deaths from suicide in 2019, or nearly ten deaths a week, ranking fourth in the nation for age-adjusted suicide rates; and

WHEREAS, in New Mexico, suicide is the leading cause of death for ages ten to fourteen, the second leading cause of death for ages fifteen to twenty-four and twenty-five to thirty-four, the third leading cause of death for ages thirty-five to forty-four, the fifth leading cause of death for ages forty-five to fifty-four, the seventh leading cause of death for ages fifty-five to sixty-four, and the ninth leading cause of death in the state overall; and

WHEREAS, the tragic loss of someone to suicide has an enduring effect on loved ones, families, friends, and the community, regardless of age, gender, race, ethnicity, religion, or economic status, and the State of New Mexico acknowledges and remembers the precious lives of those lost to suicide and the countless individuals left behind to grieve their loss; and

WHEREAS, in 2019, a significantly greater proportion of New Mexicans aged twenty-five to forty-five sought medical care in emergency rooms and hospitals for self-harm attempts than all ages of New Mexicans; and

WHEREAS, suicide attempt survivors and researchers who study suicide recommend counseling to help find long-term strategies to ease the emotional pain that led to expressions of suicidal ideation and attempts; and

WHEREAS, mental health is part of overall physical health and emotional well-being and community-based behavioral health services that respond to individual and family needs are cost-effective and beneficial to consumers and the community; and

WHEREAS, public awareness of the warning signs, risk factors, healthy help-seeking behaviors, services, and resources available for people at increased risk for suicide are essential to decreasing the rates of suicide in our communities across the state; and

WHEREAS, it is essential to share the message that it is always okay to ask for help and that individuals struggling with thoughts of suicide or self-harm should be encouraged and assisted in reaching out for help; and

WHEREAS, the following phone numbers are available to help: The National Suicide Prevention Lifeline at 1-800-273-8255, the New Mexico Crisis and Access Line at 1-855-662-7474, and the Agora Crisis Line at 505-277-3013 or 855-505-4505; and

WHEREAS, the Partnership for a Healthy Torrance Community, located at the New Mexico National DWI Memorial of Perpetual Tears, is working to address the impact of suicide and other health-related issues; and

WHEREAS, strong relationships and cohesion are protective factors during life's challenges; and

WHEREAS, one small act to show support, offer hope, or build trust can make a difference and may save a life; and

WHEREAS, talking openly about stress and psychological health builds trust, reduces barriers to care, and enables early intervention; and

WHEREAS, it is the duty of every citizen to respond to a call-to-action to change the way we discuss, perceive, and react to suicide and help-seeking; and

WHEREAS, the collaboration of government agencies, health organizations, and public and private partners should be encouraged and supported;

NOW THEREFORE, BE IT RESOLVED, we, the Board of Commissioners of Torrance County, New Mexico, do hereby proclaim September 2021, as **SUICIDE PREVENTION AND AWARENESS MONTH**, recognizing that suicide is a serious public health issue.

Signed and Sealed by The Town of Estancia Board of Trustees
Estancia, New Mexico.



Nathan Dial, Mayor



Attest: Michelle Jones, Clerk/Treasurer