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784-2024

Proclamation

Proclaim September 2024 to be Suicide Prevention Awareness Month

Placed on File

Whereas, activation warning: this proclamation contains sensitive content that may be activating. Please be kind to yourselves; and

Whereas, today we are here to honor those who are no longer with us; those suffering in silence who don't feel seen and supported; and those who are fighting moment by moment. We are fighting on your behalf; you are important to us and your life matters; and

Whereas, the City of Portland affirms that National Suicide Prevention Awareness Month (September 2024) promotes awareness of the importance of tending to our mental health as it is essential and acknowledges that those living with mental health disabilities are deserving of care, understanding, compassion, and pathways to hope, healing, recovery, fulfillment, and inclusivity; and

Whereas, when mental wellbeing is centered and promoted; the risk of suicidality is decreased; and

Whereas, September was first declared as national suicide prevention awareness month in 2008. In the years since then September has been a time to acknowledge those affected by suicide, to raise awareness, and to connect individuals with suicide ideation to treatment and support services; and

Whereas, according to the CDC, each year more than 41,000 individuals die by suicide, leaving behind family, friends, colleagues, and community members to navigate the traumatic impacts of their loss; and

Whereas, in 2021, more than 48,000 people died by suicide in the United States equaling approximately one death every 11 minutes. 12.3 million adults seriously thought about suicide; 3.5 million adults made a plan.; and 1.7 million adults attempted suicide; and

Whereas, Suicide is a serious public health problem that can have lasting harmful effects on individuals, families, and communities. There are many factors that contribute to suicide. The goal of suicide prevention is to reduce factors that increase risk and increase factors that promote resilience; and

Whereas, employers play a vital role in suicide prevention. As individuals spend a significant amount of time at work with their colleagues and can often

Introduced by

[Mayor Ted Wheeler](#)

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Requested Agenda Type

Time Certain

Date and Time Information

Requested Council Date
September 11, 2024
Requested Start Time
10:15 am
Time Requested
15 minutes

notice important changes that may be signs or symptoms for increased suicide risks; and

Whereas, suicide risk has become a more significant concern over the past few years as we navigated a global pandemic, adjusted to a new normal, experienced complex trauma, loss, and grief, and endured increased isolation, unemployment, and many other distressing life events; and

Whereas, the City of Portland emphasizes the importance of all employees and the community taking time to center themselves and do the things necessary to prioritize their mental wellbeing. Encouraging staff and community to refuel ourselves through utilizing tools, education, and resources offered to enables us to practice self-care and center mental wellness; and

Whereas, the City of Portland City supports suicide prevention awareness as an important social movement to help people with mental health disabilities understand that they are not alone in their experience. Raising suicide prevention awareness can help create understanding, create access to resources, promote awareness, and it is essential to saving lives; and

Whereas, we all need to feel empowered, confident, and competent to be the ones to reach out when someone is in crisis. The suicidal state can be very complex and can make connecting to someone difficult. By increasing awareness and promoting the need for support, we can have an impact. If we can connect with someone in crisis, we can help save a life.

Now, therefore, I, Ted Wheeler, Mayor of the City of Portland, Oregon, the "City of Roses," do hereby proclaim September 2024, to be

Suicide Prevention Awareness Month

in Portland and encourage all Portlanders to honor this month.

Exhibits and Attachments

 [Proclamation](#) 105.91 KB

Document History

Item 784 Time Certain in [September 11, 2024 Council Agenda](https://www.portland.gov/council/agenda/2024/9/11) (<https://www.portland.gov/council/agenda/2024/9/11>)

City Council

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