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741-2023

Proclamation

Proclaim September 2023 to be National Suicide Prevention Awareness Month

Placed on File

Whereas, the City of Portland affirms that National Suicide Prevention Awareness Month 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 well-being 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, raise awareness, and connect individuals with suicide ideation to treatment and support services as needed; 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. Provisional CDC data shows that the number of suicide deaths in 2022 is the highest recorded; 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, 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

Introduced by

[Mayor Ted Wheeler](#)

Contact

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📞 [503-823-1893](tel:503-823-1893)

Requested Agenda Type

Time Certain

Date and Time Information

Requested Council Date

September 6, 2023

Requested Start Time

9:45 am

Time Requested

20 minutes

Whereas, the City of Portland emphasizes the importance of all employees and 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 enables us to practice self-care and center mental wellness; and

Whereas, the City of Portland 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 intervening and potentially 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 that makes connecting to someone difficult; but 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 2023, to be

National Suicide Prevention Awareness Month

In Portland and encourage all people to join us in increasing our knowledge and providing support to those in need to save lives not just in September, but every day.

Documents and Exhibits

 [Proclamation](https://www.portland.gov/sites/default/files/council-documents/2023/suicide-prevention-awareness-month-proclamation-2023_0.pdf) (https://www.portland.gov/sites/default/files/council-documents/2023/suicide-prevention-awareness-month-proclamation-2023_0.pdf) 157.54 KB

Agenda Items

741 Time Certain in [September 6, 2023 Council Agenda](https://www.portland.gov/council/agenda/2023/9/6) (<https://www.portland.gov/council/agenda/2023/9/6>)

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

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