

**Proclamation
of the
Board of Supervisors
County of Humboldt**

WHEREAS, the week of September 4 through 10, 2022, is National Suicide Prevention Week, a time in which individuals, organizations and communities around the country join their voices to amplify the message that suicide can be prevented; and

WHEREAS, in Humboldt County we observe Suicide Prevention Awareness Month during the month of September; and

WHEREAS, it is recognized that people of all ages benefit from common tenets of wellness, such as access to effective health and behavioral health care, social support and a sense of meaning and purpose; and

WHEREAS, attitudes and perceptions about aging, behavioral health challenges and suicide have a significant impact on individual wellness and the willingness to reach out for support and services that can alleviate distress; and

WHEREAS, cultivating and maintaining wellness is a lifelong pursuit, and individuals of all ages can benefit from integrating wellness into their daily routine to prevent or reduce the severity of a broad range of health and behavioral health problems; and

WHEREAS, knowing the signs of suicide, finding the words to talk with someone that may be thinking of suicide and reaching out to local resources are actions everyone can take to care for themselves and others; and

WHEREAS, all Californians are urged to take action for suicide prevention and promote mental health and wellness as we strive towards zero suicides; and

WHEREAS, the Humboldt County Suicide Prevention Network is a group of public and private individuals, agencies and groups working to identify strategies to reduce suicide and suicidal behaviors in the county; and

WHEREAS, anyone in the U.S. can easily access 24/7 emotional support by calling or texting 9-8-8 and being connected to the Suicide and Crisis Lifeline.

NOW, THEREFORE, BE IT PROCLAIMED, that the Humboldt County Board of Supervisors hereby recognizes the week of September 4 through 10, 2022, as Suicide Prevention Week, September 2022 as Suicide Prevention Awareness Month in Humboldt County and September 10, as World Suicide Prevention Day.

August 30, 2022

Virginia Bass, Chair

