

**NOT ANOTHER AGGIE:
Suicide Awareness Month 2022
Proclamation**

- WHEREAS** Many factors may contribute to a person considering suicide. According to the Centers for Disease Control and Prevention (CDC), “In 2020, it is estimated that 12.2 million American adults seriously thought about suicide, 3.2 million planned a suicide attempt, and 1.2 million attempted suicides.” Suicide continues to affect innumerable communities across the world, creating critical need to raise awareness about prevention. According to the World Health Organization (WHO), approximately 700,000 individuals die by suicide on an annual basis.
- WHEREAS** Suicide is the 11th leading cause of death in Texas, and approximately 3,924 Texans die by suicide each year (American Foundation for Suicide Prevention, 2020). Feelings of hopelessness, isolation and stigma commonly combine with additional factors and variables to increase risk of suicide attempts. Lingering feelings of isolation, distress and general uncertainty sparked by the COVID-19 pandemic necessitate heightened awareness of and sensitivity to those factors that may increase risk of suicidal ideations and attempts.
- WHEREAS** The month of September is National Suicide Prevention Month. Effective suicide prevention involves actively connecting and reaching out to individuals who may be struggling — a practice made all the more urgent as communities reconnect in the wake of the pandemic. This effort requires raising awareness of warnings signs, linking victims, and loved ones to helpful resources, providing guidance on supporting a struggling loved one, and destigmatizing the emotional and psychological challenges often preceding suicidal thoughts or attempts.
- WHEREAS** Suicide Awareness Month strives to increase awareness of suicide prevention resources, reduce social isolation, honor survivors, and remember those lost. This year’s program partners with Texas A&M AgriLife Extension to host a 4-week suicide prevention walk challenge, designed to reduce stigma, and spread hope throughout the Aggie community. Suicide Awareness Month also features both virtual and in-person components, including awareness and prevention trainings, various mental health-supporting initiatives, and an in-person kickoff event on Wednesday, September 7, at 6:00 p.m. in Rudder Plaza at Texas A&M University. In the mental health crisis left by the COVID-19 pandemic, suicide awareness and prevention efforts require urgent intentionality and resolve. Suicide Awareness Month empowers Texas A&M and surrounding community members to take the first steps toward greater wellbeing together.

NOW THEREFORE BE IT PROCLAIMED the month of September as Suicide Awareness Month.

County Judge

Commissioner Precinct 1

Commissioner Precinct 2

Commissioner Precinct 3

Commissioner Precinct 4

Date

