



Proclamation

Whereas, September is known as Suicide Prevention Month, a time in which mental health advocates, individuals, prevention organizations, survivors, allies and communities around the country unite to promote suicide prevention awareness; and

Whereas, suicide is often the result of an untreated mental health condition and suicidal thoughts, although common, should not be considered normal and often indicate a more serious issue and the goal is to learn how to help those around us and how to talk about suicide without increasing the risk of harm; and

Whereas, suicidal thoughts can affect anyone regardless of age, gender, race, orientation, income level, religion, or background, and according to the United States Center for Disease Control, each year more than 41,000 people die by suicide being the 10th leading cause of death among adults, and the 2nd leading cause of death among people aged 20-34; and

Whereas, national organizations like the American Foundation for Suicide Prevention are highlighting the "Talk Away the Dark" campaign which sheds light on one of the leading causes of death and gives us an opportunity to shine a special, encouraging light on this topic that affects us all, and sends a clear, hopeful message that help is available; and

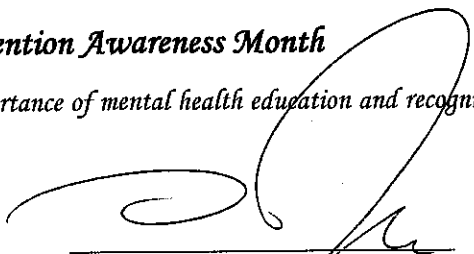
Whereas, after years of advocacy and preparation, 988 is now available nationwide as the new number to contact for mental health, substance abuse and suicide crises and this lifeline network and its partners are working to change the conversation from suicide, to suicide prevention; and

Whereas, the Borough encourages all residents to take the time to inquire as to the wellbeing of their family, friends, and neighbors over the next few days and to genuinely convey their appreciation for their existence by any gesture they deem appropriate. A simple phone call, message, handshake, or hug can go a long way towards helping someone realize that suicide is not the answer.

Now therefore, I, Ronald Jubin, Mayor of the Borough of Watchung, County of Somerset, along with Members of the Council, do hereby proclaim the month of September, 2023 as

National Suicide Prevention Awareness Month

and call upon all residents to take the time to understand the importance of mental health education and recognize that taking care of ourselves and others includes taking care of mental health.


Ronald Jubin, Ph.D. Mayor
September 7, 2023