



Proclamation

WHEREAS, suicide is a serious public health problem that can affect any community and can have lasting harmful effects, but is preventable through education and accessible resources; and

WHEREAS, according to the American Foundation of Suicide Prevention, suicide is the 11th overall leading cause of death in the United States and is the 2nd leading cause of death for teens and young adults; and

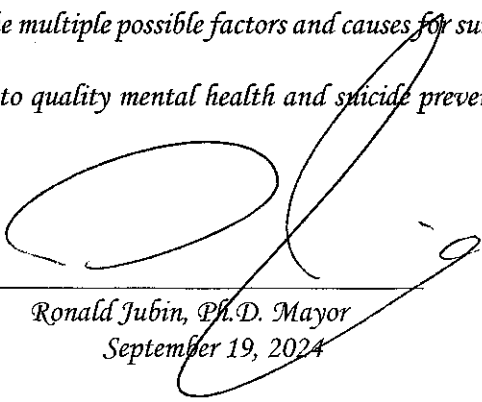
WHEREAS, the goal of suicide prevention is to reduce factors that increase risk, such as bullying, loss of relationships, and financial problems; and increase factors that promote resilience, such as effective coping skills, support from others, and availability of consistent quality healthcare; and

WHEREAS, the stigmas associated with mental illness and suicide work against prevention by discouraging persons at risk for suicide from seeking life-saving help and further traumatizes survivors of suicide; and

WHEREAS, everyone can help prevent suicide by learning the warning signs, promoting prevention, and committing to social change; and

WHEREAS, organizations such as the American Foundation for Suicide Prevention are dedicated to saving lives and bringing hope to those affected by suicide, through research, education, advocacy and resources for those who have lost someone to suicide or who struggle.

*NOW THEREFORE, I, Ronald Jubin, Mayor of the Borough of Watchung, with the support of our Council, do hereby proclaim the month of September as **Suicide Prevention Month** and urge our community to recognize suicide as a preventable public health problem, promote awareness of the multiple possible factors and causes for suicide, and develop and implement strategies to improve and increase access to quality mental health and suicide prevention services and programs.*



Ronald Jubin, Ph.D. Mayor
September 19, 2024