

Proclamation



Jane Castor, Mayor

WHEREAS, mental health is a part of overall health, and one in five adults go through a mental health problem in any given year, and in 2020, the COVID-19 pandemic increased the number of people experiencing feelings of anxiety and depression; and

WHEREAS, suicide, the act of intentionally causing one's own death, often a result of despair, is one of the most disruptive and tragic events a family and a community can experience, and it is considered a public health issue that does not discriminate by age, gender, ethnicity, or socio-economic status; and

WHEREAS, in the United States, suicide is the tenth leading cause of death, and 2017 statistics say suicide is the second leading cause of death among people age 10-34 years, and lesbian, gay and bisexual youth are four times and transgender are nearly twelve times more likely to attempt suicide; and

WHEREAS, the stigma associated with mental illness and suicide discourages persons at risk from seeking life-saving help, and some warning signs that a person may be suicidal include a change in behavior or the presence of entirely new behaviors through what they say or do, especially if the behavior is related to a painful event, loss, or change, and 90 percent of people who die by suicide had shown symptoms of a mental health condition according to their surviving loved ones; and

WHEREAS, **World Suicide Prevention Day**, held annually on September 10th was established in 2003 by the International Association for Suicide Prevention and the World Health Organization, and its 2020 motto ***Working Together to Prevent Suicide*** highlights that it takes work to prevent suicides, that joining together is critical in preventing suicide, and that everyone can make a difference in prevention of suicides; and

WHEREAS, the National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness and its ***You Are Not Alone*** campaign focuses on the power of connection, and locally, NAMI Hillsborough is dedicated to its mission of providing advocacy, education, support, and public awareness so that all individuals and families affected by mental illness can build better lives.

NOW, THEREFORE, I, Jane Castor, by virtue of the authority vested in me as Mayor of the city of Tampa, Florida, do hereby proclaim Thursday, September 10, 2020 as

“TAMPA SUICIDE PREVENTION & AWARENESS DAY”

in the city of Tampa, Florida, and urge all citizens to join together in bringing awareness about the prevalence of suicide and the preventative measures, and thank health organizations including NAMI for their commitment to improvements in the mental health care system, increased access to care and in providing services for all people with mental health conditions so no one feels alone.

Dated in Tampa, Florida, this 7th day of September 2020.



Jane Castor

Mayor