

**San Rafael City Schools
Resolution 2425-9
In Support and Recognition of Suicide Prevention Month
September 2024**

WHEREAS, September is known around the United States as National Suicide Prevention Awareness Month and is intended to help promote awareness surrounding each of the Suicide Prevention resources available to us and our community. The simple goal is to learn how to help those around us and how to talk about suicide without increasing the risk of harm; and

WHEREAS, the month of September 2024 is National Suicide Prevention Month, 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, Suicide Prevention Month provides the opportunity to educate our community about the warning signs for suicide and how to reach out and connect to those experiencing an emotional crisis; and

WHEREAS, According to the CDC, each year more than 41,000 people die by suicide; and

WHEREAS; Suicide is the 9th leading cause of death among adults in the US, and the 2nd leading cause of death among people aged 10-24; and

WHEREAS; Suicidal thoughts can affect anyone regardless of age, gender, race, orientation, income level, religion, or background; and

WHEREAS, Young people who identify as LGBTQ+ have higher prevalence of suicidal thoughts and behavior compared to their peers who identify as heterosexual; and

WHEREAS, major life changes are environmental risk factors for suicide; and

WHEREAS, knowing the signs of suicide, finding the words to communicate with someone they are concerned about, and reaching out to local resources; and

WHEREAS, we know that belonging, safety, dignity, and hope can protect against suicide; and

WHEREAS, all Californians are urged to play a role in suicide prevention and promote mental health and wellness as we strive towards zero suicides; and

WHEREAS, a focus on prevention and early intervention efforts could greatly reduce the number of children experiencing serious mental health conditions;

WHEREAS, each county office of education, school district, school, elected official, business, government agency, health-care provider, organization and citizen shares the burden of mental health issues and has a responsibility to promote mental wellness and support prevention efforts.

NOW, THEREFORE, BE IT RESOLVED, that the San Rafael City Schools Board of Education, hereby declares September as Suicide Prevention Month and thereby requests that each school district, school, elected official, business, government agency, health-care provider, organization and citizen, recommit our community to increasing awareness and understanding of mental health, the steps our children, youth and adults can take to protect their mental health, and the need for appropriate and accessible services for all people, especially children and youth with mental health conditions.

BE IT FURTHER RESOLVED that this resolution be distributed to all schools within the district.

PASSED AND ADOPTED

Lucia Martel-Dow _____
Carolina Martin _____
Maria Palma _____
Mark Koerner _____
Maureen de Nieva Marsh _____

Lucia Martel-Dow
Board President

Carmen Diaz Ghysels
Superintendent