

# COSUMNES COMMUNITY SERVICES DISTRICT

## PROCLAMATION

### SUICIDE PREVENTION MONTH

**WHEREAS**, September 2021 is National Suicide Prevention Month where we dedicate time to focus on suicide awareness and utilize the opportunity to come together with passion and strength to support this difficult topic; and

**WHEREAS**, Cosumnes Community Services District is dedicated to protect lives by creating healthy and strong individuals, families, and communities through services provided and access to community programs within a safe and inclusive environment; and

**WHEREAS**, suicide and mental health issues impacts people regardless of age, race, ethnicity, identity, ability, and social-economic backgrounds; and

**WHEREAS**, there has been an alarming rise in youth suicide over the decades and it is the second leading cause of death for people ages 10-34, the fourth leading cause among people ages 34-54, and the fifth leading cause among people ages 45-54; and

**WHEREAS**, a combination of situations can put individuals at higher risk such as previous suicide attempt(s), mental health problems and disorders, problematic substance use, job loss or financial loss, trauma or abuse, and chronic pain or illness; and

**WHEREAS**, it is important to be aware of warning signs that include behavior changes, isolation, increase use of substances, reckless behavior, and negative communication; and

**WHEREAS**, the District recognizes the stigma surrounding suicide in the community and will continue to educate and advocate for resources for suicide prevention; and

**NOW, THEREFORE**, the Cosumnes Community Services District Board of Directors does hereby proclaims the month of September as

### NATIONAL SUICIDE PREVENTION MONTH

**DONE AND PROCLAIMED** this 1st day of September 2021, in Elk Grove, California.



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Jim Luttrell, President



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Jaclyn Moreno, Vice President



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Rod Brewer, Director



ATTEST:



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Gil Albiani, Director



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Orlando Fuentes, Director



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Joshua Green, General Manager