

WHEREAS, suicide is a national public health challenge that causes immeasurable pain among individuals, families, and communities across the country; and

WHEREAS, per 100 thousand residents, Mesa County's suicide death rate remains higher than the state and national average; and

WHEREAS, the county's already high suicide rate increased even more over the last two years with a total of 57 deaths in 2022; and

WHEREAS, a new [study](#) from the U.S. Centers for Disease Control and Prevention described a shift in demographics of those dying by suicide in 2021; and

WHEREAS, while rates among white Americans have been higher for decades than those among Black and Hispanic Americans, rates are now rising in minority populations. The report also noted that suicides are happening more often in younger minorities, compared to older white adults; and

WHEREAS, suicide rates rose 5% overall in people ages 25 to 44, and by even more among Black, Hispanic, multiracial and Alaska's indigenous people; and

WHEREAS, for every individual who feels alone, ashamed, or believes that they would be a burden if their thoughts or feelings were shared, there are scores of others in every community who want to help but are not sure how; and

WHEREAS, according to the CDC, Financial stress, social isolation, substance use, barriers to health care and access to lethal means like firearms are among the factors that can lead to suicide; and

WHEREAS, residents of Mesa County can help raise awareness and lower the stigma surrounding suicide by asking friends and family if they are struggling and connecting them to resources like the 9-8-8 Suicide and Crisis Lifeline; and

NOW THEREFORE, We, the City Council for the City of Fruita, do hereby proclaim the month of September 2023 as Suicide Prevention Month.