STATE OF NEW MEXICO EXECUTIVE OFFICE SANTA FE, NEW MEXICO

Proclamation

WHEREAS, more than 48,000 individuals died by suicide in the United States in 2018, and the number of deaths from suicide continues to increase; and

WHEREAS, New Mexico had 535 deaths from suicide in 2018, or more than 10 deaths a week; and

WHEREAS, New Mexico ranks 2nd in the nation for age-adjusted suicide rates, and suicide is the leading cause of death for ages 10-14; the second-leading cause of death for ages 15-34; the third-leading cause of death for ages 35-44; and the fifth-leading cause of death for ages 45-54; and

WHEREAS, the State of New Mexico mourns the precious lives lost to suicide along with the countless individuals left behind to grieve; and

WHEREAS, mental health is part of overall physical health and emotional well-being, and community-based behavioral health services that respond to individual and family needs are a cost-effective benefit to consumers and the community; and

WHEREAS, public awareness of the warning signs, risk factors, healthy help-seeking behaviors, services, and resources available for people at increased risk for suicide are essential to decreasing the rates of suicide in communities across the state; and

WHEREAS, it is always OK for individuals struggling with thoughts of suicide or self-harm to ask for help, and the State of New Mexico encourages them to do so; and

WHEREAS, in New Mexico help is available by calling the National Suicide Prevention Hotline at 1-800-273-8255; the New Mexico Crisis and Access Line at 1-855-662-7474; and the Agora Crisis Line at 505-277-3013 or 855-505-4505:

NOW THEREFORE, I, Michelle Lujan Grisham, Governor of the State of New Mexico, do hereby proclaim the month of September 2020 as

“SUICIDE PREVENTION MONTH”

throughout the state of New Mexico.

Attest:

Maggie Toulouse Oliver
Secretary of State

Done at the Executive Office this 21st day of August 2020.

Witness my hand and the Great Seal of the State of New Mexico.

Michelle Lujan Grisham
Governor