

Proclamation

Office of the Mayor

Suicide Prevention Awareness Month

WHEREAS, Suicide is a major public health issue that affects individuals, families, and communities across our nation, causing immeasurable pain and suffering. Suicide is the act of taking one's own life by intentional self-harm or self-inflicted injury. Non-fatal self-inflicted injuries are more common, and not all self-inflicted injuries are suicide attempts; and

WHEREAS, according to the Centers for Disease Control and Prevention (CDC), suicide is now the 10th leading cause of death in the United States, and a leading cause of death of younger age groups (especially ages 10-14 and 20-34). Suicide claimed the lives of over 48,000 people in 2024, while millions more are impacted by suicidal ideation, attempts, or the devastating loss of a loved one; and

WHEREAS, suicide remains a national crisis, taking the lives of over 6,300 U.S. Veterans each year, and continues to be one of the leading causes of death among first responders, including law enforcement officers, firefighters, and emergency medical personnel. In Florida, firearms are the most common and most lethal method of suicide, with access to a firearm tripling the risk of death by suicide; and

WHEREAS, every life lost to suicide is a tragedy, and it is our collective responsibility to raise awareness, offer support, and promote mental health resources to those in need, while working to eliminate the stigma associated with mental health and seeking help; and

WHEREAS, during Suicide Prevention Awareness Month, we join with organizations, healthcare professionals, educators, survivors, and individuals to promote understanding, spread hope, and share the message that suicide is preventable, and that help is available for those who are struggling; and

WHEREAS, while nearly half of individuals who die by suicide have a diagnosed mental health condition it is critical to recognize the signs of depression that may lead to thoughts of suicide including: speaking about wanting to die, feelings of isolation or hopelessness, increased use of drugs or alcohol, and severe mood swings; and

WHEREAS, in addition to shifting public perception, the City of Sunrise will spread hope and vital information to all. It is our goal that our community has access to the resources they need to discuss suicide prevention and to seek help; and

WHEREAS, it is critical to recognize the best methods to prevent suicide when a person is in crisis: ask if the person is thinking of taking their life; keep them safe and remove their access to lethal means such as firearms, poisons, and prescription drugs, and get them professional help. In Florida, dial 2-1-1 or call or text 988, the Suicide & Crisis Lifeline, to connect with trained counselors available 24/7; and

WHEREAS, the League of Women Voters of Broward County has provided significant leadership in suicide prevention through community education and creation of their Lock It Up! gun safety program; and

WHEREAS, the City of Sunrise recognizes the importance of communication, fostering open and honest dialogue about mental health and suicide prevention, thereby encouraging individuals to seek support and reducing the sense of isolation and despair that can contribute to suicidal thoughts.

NOW, THEREFORE, be it resolved that I, Michael J. Ryan, Mayor of the City of Sunrise, Florida, together with the City Commission do hereby proclaim September 2026 as: **Suicide Prevention Awareness Month** in the City of Sunrise and urge all to learn more about mental health, to support those who may be struggling, and work together to create a community where every person feels seen, loved, heard, and valued.

Witness My Hand and Official Seal of
The City of Sunrise, Florida

Michael J. Ryan, Mayor

