

**BEFORE THE BOARD OF COUNTY COMMISSIONERS
FOR MULTNOMAH COUNTY, OREGON**

PROCLAMATION NO. 2021-077

Proclaiming September 2021 as Suicide Prevention Month in Multnomah County, Oregon.

The Multnomah County Board of Commissioners Finds:

- a. Suicide Prevention Month is celebrated every September to increase awareness that prevention efforts save lives. The 2021 national message for Suicide Prevention month is “Be the one to:” In other words, there are many actions that anyone can take in order to “Be the one to” support someone in getting help and feeling hope.
- B. Anyone can experience a suicidal crisis, but some populations are more vulnerable, including people from diverse backgrounds and cultures, specifically Native Americans and Latinx communities. The LGBTQ+ communities are also at high risk, especially those who identify as transgender and even more specifically, youth who identify as transgender. Other risk groups include youth in general, older adults, veterans, people in high risk areas of employment, rural residents and people with behavioral health challenges.
- C. Multnomah County is committed to treating suicide as a public health issue. In addition to utilizing a behavioral health lens, a public health approach adds a complementary, wider, and prevention-oriented focus on addressing the many factors across the lifespan that can contribute to thoughts of suicide and suicide attempts. This approach offers opportunities to foster protective factors throughout a person’s life, supporting ongoing prevention well before the prospect of suicide is imminent.
- D. Multnomah County promotes positive actions that can prevent suicide, including: behavioral and physical health care that is accessible and effective, and supporting culturally specific and responsive services to support communities. By bringing together a public and behavioral health approach to suicide prevention, suicides can be prevented.
- E. Suicide prevention is everyone’s business. You can get trained to help for free at www.gettrainedtohelp.com. Most importantly, when an individual is at risk for suicide, help is available 24/7 by calling the Multnomah County Behavioral Health Call Center at 403-988-4888 or the national suicide prevention line 1-800-273-TALK (8255).

The Multnomah County Board of Commissioners Proclaims:

The month of September 2021 is proclaimed to be Suicide Prevention Month in Multnomah County, Oregon. All county residents are encouraged to increase awareness of this year's theme, "Be the one to..." which emphasizes the important role we all play in preventing suicide. Increasing communication about suicide prevention decreases the stigma associated with seeking help from others, and strengthens access to get help and inspire hope for everyone.

ADOPTED this 30th day of September, 2021



BOARD OF COUNTY COMMISSIONERS
FOR MULTNOMAH COUNTY, OREGON

Deborah Kafoury, Chair

REVIEWED:
JENNY M. MADKOUR, COUNTY ATTORNEY
FOR MULTNOMAH COUNTY, OREGON

By 

Jenny M. Madkour, County Attorney

SUBMITTED BY: Sharon Meieran, Multnomah County Commissioner, District 1