



# CERTIFICATE of RECOGNITION

*By virtue of the authority vested by the Constitution of Virginia in the Governor of the Commonwealth of Virginia, there is hereby officially recognized:*

## NATIONAL SUICIDE PREVENTION WEEK

**WHEREAS**, suicide is a public health concern; and

**WHEREAS**, 48,344 people died by suicide in 2018 in the United States and suicide is the 10<sup>th</sup> leading cause of death overall; and

**WHEREAS**, in 2018, 1,211 Virginia lives were lost due to suicide, making suicide the 10<sup>th</sup> leading cause of death in the Commonwealth; and

**WHEREAS**, suicide is complicated and tragic; there are almost always multiple contributing factors; and

**WHEREAS**, public awareness of the warning signs and the networks available for at-risk individuals are essential to continue lowering the rates of suicide; and

**WHEREAS**, reducing the stigma through discussion and by increasing the awareness of available resources encourages help-seeking behaviors and helps attempt survivors and survivors of suicide loss in their personal healing; and

**WHEREAS**, encouraging community conversations around mental health is vital to the mission of preventing suicides and promoting wellness; and

**WHEREAS**, Virginia acknowledges the prevalence of suicide among our military servicewomen and men and Veterans and the Virginia Governor's Challenge to Prevent Suicide for Military Service Members, Veterans and Families focuses on a public health approach to provide outreach and support to military and veteran families where they live, work, and thrive in local communities; and

**WHEREAS**, Virginia's agencies and organizations are working collaboratively to help reduce the risk of suicide across a person's lifespan;

**NOW, THEREFORE**, I, Ralph S. Northam, do hereby recognize September 7-13, 2020, as **NATIONAL SUICIDE PREVENTION WEEK** in our **COMMONWEALTH OF VIRGINIA**, and I call this observance to the attention of all our citizens.



  
Governor

  
Secretary of the Commonwealth