



*Recognizing September 7–13, 2025, as*  
**SUICIDE PREVENTION WEEK**

**WHEREAS**, suicide is a national and statewide public health problem, and suicide prevention is a national and statewide responsibility; and

**WHEREAS**, suicide is the 11<sup>th</sup> leading cause of death in the United States, the 2<sup>nd</sup> leading cause of death among ages 10-34, the 4<sup>th</sup> leading cause of death among individuals between the ages of 35-44; and

**WHEREAS**, it is estimated that in 2023, there were 1.5 million suicide attempts, over 49,000 people died by suicide in the US with 4,200 of those deaths occurring in California (CDC); and

**WHEREAS**, over 90% of the people who die by suicide have a diagnosable and treatable mental health condition, although often that condition was not recognized or treated; and

**WHEREAS**, organizations such as the American Foundation for Suicide Prevention are dedicated to saving lives and bringing hope to those affected by suicide, through research, education, advocacy, and resources for those who have lost someone to suicide or who struggle, and urge that we:

1. Recognize suicide as a preventable national and state public health problem and declare suicide prevention to be a priority.
2. Acknowledge that no single suicide prevention program or effort will be appropriate for all populations or communities.
3. Address the disparity in access to mental healthcare for underserved and underrepresented groups, and advocate for ending these disparities.
4. Fund new suicide research to support culturally-informed and evidence-based mental health care and services.
5. Encourage initiatives in Arcata based on the goals contained in the National Strategy for Suicide Prevention and the 2025 California Suicide Prevention Plan.
6. Promote awareness that there is no single cause for suicide, and that suicide most often occurs when stressors exceed the coping abilities of someone struggling with a mental health condition.
7. Develop and implement strategies to improve and increase access to quality mental health, substance abuse, and suicide prevention services and programs.
8. Continue advocacy to ensure we can reimagine a comprehensive suicide, mental health, and substance use crisis response system that builds on the landmark 988 number for the Suicide and Crisis Lifeline.

**THEREFORE, BE IT PROCLAIMED** that the City Council of the City of Arcata hereby recognizes September 7–13, 2025, as **SUICIDE PREVENTION WEEK** and recognizes September 10 as World Suicide Prevention Day.

*Dated: August 20, 2025*

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*Alexandra Stillman*  
*Mayor*