

# The State of Washington



## Proclamation

*WHEREAS*, suicide is the 9th leading cause of death in Washington state; and

*WHEREAS*, suicide is the 11th leading cause of death in the United States; and

*WHEREAS*, in 2022, it is estimated that over 3,699 hospitalizations in Washington were linked to intentional self-harm, including suicide attempts; and

*WHEREAS*, the number of people in Washington that died by suicide in 2022 is 1,234; and

*WHEREAS*, in 2022, 267 veterans and military personnel died by suicide in Washington State; and

*WHEREAS*, in 2022, American Indian and Alaska Native communities in Washington had higher rates of suicide than all other racial and ethnic groups in the state; and

*WHEREAS*, in 2022, suicide was the 2nd leading cause of deaths among youth 15-24 years old; and

*WHEREAS*, suicide most often occurs when stressors exceed the current coping abilities of someone living with a mental health condition; and

*WHEREAS*, many people who died by suicide did not receive effective behavioral health services due to the difficulties associated with accessing services by healthcare providers trained in best practices to reduce suicide risk, prejudices and discrimination surrounding the use of behavioral health treatment; and

*WHEREAS*, while there is no single cause of suicide and no single suicide prevention program or effort will be appropriate for all populations or communities, initiatives based on the goals detailed in the National Strategy for Suicide Prevention and the Washington State Suicide Prevention Plan to increase access to quality mental health, substance use, and suicide prevention services will help prevent suicide;

*NOW, THEREFORE*, I, Jay Inslee, governor of the state of Washington, do hereby proclaim September 2023 as

### *Suicide Prevention Month*

and September 10, 2023, as

### *Suicide Prevention Day*

all people in our state to join me in this special observance.

Signed this 5<sup>th</sup> day of September, 2023

A handwritten signature in blue ink, appearing to read "Jay Inslee".

