

SUICIDE PREVENTION WEEK & RECOVERY MONTH

LEWIS COUNTY BOARD OF COUNTY COMMISSIONERS

WHEREAS, millions of people around the world will join their voices next month to share a message of hope and healing as part of National Suicide Prevention Week (September 6-12, 2020) and National Recovery Month (September 2020); and

WHEREAS, these observances are united in raising awareness that prevention is possible, treatment is effective and people do recover; and

WHEREAS, all individuals should be able to access high quality prevention, support, rehabilitation and treatment services that lead to recovery and a healthy lifestyle; and

WHEREAS, resiliency begins early in life within families, day cares and schools, and it can be strengthened and reinforced throughout individuals' lives; and

WHEREAS, recovery and wellness encompass the whole individual, including mind, body, spirit and community; and

WHEREAS, the benefits of preventing and overcoming mental health challenges, suicide attempts and substance abuse are significant and valuable to individuals, families and our community at large; and

WHEREAS, it is essential that we educate residents about suicide and mental health and substance abuse problems, including the ways they affect all people in the community; and

WHEREAS, we must encourage relatives, friends, co-workers and providers to recognize the signs of a problem, and guide those in need to appropriate services and supports; and

WHEREAS, Suicide Prevention Week and Recovery Month inspire millions of Americans to raise awareness, build resiliency and find hope.

NOW, THEREFORE the Board of County Commissioners hereby proclaims September 2020 is Suicide Prevention and Recovery Month: "Finding Hope, Building Resiliency, Supporting Recovery."

Done in open session this 31st day of August 2020.

BOARD OF COUNTY COMMISSIONERS
LEWIS COUNTY, WASHINGTON

Gary Stamper, Chair

Edna J. Fund, Vice Chair

ATTEST:

Rieva Lester, Clerk of the Board

Robert C. Jackson, Commissioner

