

Proclamation

To designate the month of September 2026 as Suicide Prevention Month

WHEREAS, in 2024, suicide was the 10th leading cause of death overall in the United States and the 2nd cause of death among individuals aged 15 to 34 years (CDC); and

WHEREAS, in the United States in 2024, over 48,824 individuals died by suicide (CDC), while Wyoming had 168-the highest among all states per capita (WDH); and

WHEREAS, suicide rates decreased approximately 1% in the United States from 2023 to 2024 (CDC), and increased almost 8% in Wyoming for the same period (WDH); and

WHEREAS, in 2024, an estimated 13.9 million adults aged 18 years or older reported having serious thoughts of suicide and 2.2 million adults attempted suicide in 2024 (SAMHSA); and

WHEREAS, in 2023 1 in 5 high school students seriously considered attempting suicide and one in ten of high school students reported that they had made at least one suicide attempt in the past year (Youth Risk Behavior Survey); and

WHEREAS, In Wyoming, suicide is the second leading cause of death for ages 15-34; and

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

WHEREAS, the burden of suicide in 2020 was estimated to cost over \$500 billion in medical, work loss, value of statistical life, and quality of life cost nationally (CDC); and

WHEREAS, The negative attitudes associated with mental health conditions and suicidal thoughts and behaviors work against suicide prevention by discouraging persons at risk for suicide from seeking life-saving help and further traumatizes survivors of suicide loss and people with lived experience of suicide; and

WHEREAS, if someone can get through the intense and short moment of an active suicidal crisis, they are unlikely to ultimately die from suicide; and

WHEREAS, asking someone directly if they're thinking about suicide will not "put the idea in their head" and most will be relieved someone starts a conversation; and

WHEREAS, Most people who survive a suicide attempt (85-95%) go on to engage in life; and

WHEREAS, Everyone has a role to play in preventing suicide and can learn suicide risks and warning signs and encourage those who struggle to seek help; and

WHEREAS, Organizations such as The American Foundation for Suicide Prevention envision a world without suicide, and 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 struggled themselves, 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 population or communities.
3. Encourage initiatives based on the goals contained in the 2024 National Strategy for Suicide Prevention, a 10-year plan for suicide prevention in the United States.
4. Promote awareness that there is no single cause for suicide; that suicide is complex; that risk may increase for a person when multiple contributors (e.g., mental health conditions, substance use and physical health conditions and pain, past trauma) converge in the context of stress; and that when a person has access to lethal means they may die by suicide.
5. Develop and implement strategies to increase access to the delivery of quality mental health, substance use, and suicide prevention crisis care and treatment and recovery services. The Town of Upton, Weston County School District #7 and many other community partners in Weston County are working on this initiative through 21Wellness, which serves as the primary prevention coalition in Weston County.

NOW, THEREFORE, I, Nicholas Trandahl, Mayor of the Town of Upton, do hereby proclaim September 2026 as NATIONAL SUICIDE PREVENTION MONTH in the Town of Upton and recognize that suicide is a preventable national and statewide public health problem, and suicide prevention is a national, statewide and local responsibility.

Dated this 8th day of September 2026



Nicholas Trandahl, Mayor

Attest: 
Kelley Millar, Clerk/Treasurer