

**State of Vermont**  
**Executive Department**  
**A Proclamation**

- WHEREAS,** throughout the nation, we recognize September as National Suicide Prevention Awareness Month, a time to share a message of hope and healing and it is intended to help promote awareness surrounding each of the suicide prevention resources available to us and our community; and
- WHEREAS,** suicide is the eighth leading cause of death in Vermont, and the second leading cause of death among people ages 25 to 34, and suicidal thoughts can affect anyone regardless of age, gender, race, orientation, income level, religion, or background; and
- WHEREAS,** it is a priority of the State of Vermont to ensure people struggling with depression or suicidal thoughts, and those who are concerned about a loved one or someone they simply know, are aware of the supports, services and resources to help; and
- WHEREAS,** Vermont is especially committed to addressing the needs of Vermonters who may be at a higher risk for suicide – including young Vermonters, people who live in rural areas, our veterans, individuals who identify as LGBTQ+, older Vermonters and people of color; and
- WHEREAS,** major life changes are a risk factor for suicide, and the COVID-19 pandemic has exacerbated the challenges many Vermonters face, including increased social isolation, the loss of loved ones, unemployment and financial stress, at the same time making delivery of care all the more complex; and
- WHEREAS,** we all have an important role in preventing suicide and as individuals, we can share messages of hope and healing, and remember that talking about suicide with our loved ones does not increase their risk of harm; and
- WHEREAS,** by taking just a few minutes to connect through a simple phone call or message with a family member, a friend or neighbor can go a long way towards helping someone realize they matter and are loved; and
- WHEREAS,** Vermont businesses are in the unique position to promote and encourage discussion on mental health and wellbeing in the workplace, and collaborate on meaningful solutions; and
- WHEREAS,** help and supports are available 24/7, including the National Suicide Prevention Hotline at 800-273-8255, as well as by texting VT to 741741, for people struggling with depression or suicidal thoughts, and for anyone who is concerned about a loved one or someone they simply know. In fact, nearly 1,400 Vermonters have reached out to a crisis lifeline center in 2021; and

**WHEREAS,**

the importance of preventing suicide and overcoming mental health challenges, suicide attempts and loss, and substance misuse are significant and valuable to individuals, families, and our community at large; and

**WHEREAS,**

Vermont honors our educators, health and mental health professionals, first responders, and care providers, and family members, for their dedication and endurance in each of their roles which are central to suicide prevention and postvention.

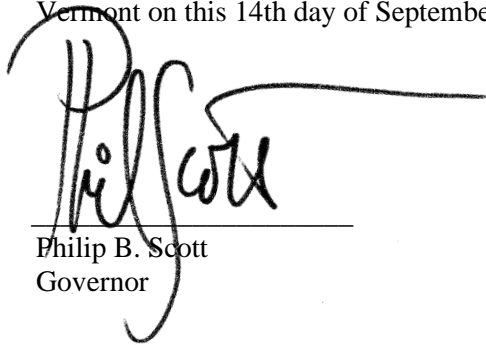
**NOW, THEREFORE,**

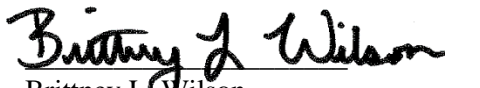
I, Philip B. Scott, Governor, hereby proclaim September 2021 as

**SUICIDE PREVENTION AWARENESS MONTH**  
in Vermont.



Given under my hand and the Great Seal of the State of Vermont on this 14th day of September, A.D. 2021.

  
Philip B. Scott  
Governor

  
Brittney L. Wilson  
Secretary of Civil and Military Affairs