



*Torrance County*  
*Board of County Commissioners*

**NAMING SEPTEMBER AS  
“SUICIDE PREVENTION AWARENESS MONTH”**

**WHEREAS**, in the United States, over forty-eight thousand individuals died by suicide in 2021 and the number of deaths from suicide continues to increase, including in New Mexico, where five hundred and twenty individuals died by suicide; and

**WHEREAS**, in New Mexico, suicide is the second leading cause of death for ages thirty-four and younger, the fourth leading cause of death for ages thirty-five to forty-four, the ninth leading cause of death for ages fifty-five to sixty-four, the fourteenth leading cause of death for ages sixty-five and older, and is the ninth leading cause of death in the state overall, with over fifty-eight percent of suicide deaths occurring by firearm; and

**WHEREAS**, the tragic loss of someone to suicide has an enduring effect on loved ones, families, friends, and the community, regardless of age, gender, race, ethnicity, religion, or economic status, and the State of New Mexico acknowledges and remembers the precious lives of those lost to suicide and the countless individuals left behind to grieve their loss; and

**WHEREAS**, in 2022, New Mexico hospitals reported over two thousand emergency department visits related to suicide attempts and over eighteen thousand emergency department visits related to suicidal ideation; and

**WHEREAS**, suicide attempt survivors, providers, and researchers who study suicide recommend counseling to help find long-term strategies to ease the emotional pain that led to expressions of suicidal ideation and attempts; and

**WHEREAS**, mental health is part of overall physical health and emotional well-being and community-based behavioral health services that respond to individual and family needs are cost-effective, and beneficial to consumers and the community; and

**WHEREAS**, public awareness of the warning signs, risk factors, healthy help-seeking behaviors, services, and resources available for people at increased risk for suicide are essential to decreasing the rates of suicide in our communities across the state and is an important focus of the New Mexico Suicide Prevention Coalition; and

**WHEREAS**, it is essential to share the message that it is always okay to ask for help and that individuals struggling with thoughts of suicide or self-harm should be encouraged and assisted in reaching out for help; and

**WHEREAS**, results of the 2021 New Mexico Youth Risk and Resiliency Survey (YRRS) indicated that 32.5% of Torrance County middle school students reported they had experienced frequent mental distress, 31.2% had seriously thought about killing themselves, 24% had made a plan to die by suicide, and 14.7% had attempted to die by suicide; and

**WHEREAS**, results of the 2021 New Mexico Youth Risk and Resiliency Survey (YRRS) indicated that 29% of Torrance County high school students reported that they had engaged in non-suicidal self-injury, 45% felt sad or hopeless, 37.6% experienced frequent mental distress, 26.9% seriously thought about killing themselves, 22.3% had made a plan to die by suicide,

16.4% had attempted to die by suicide, and 7.1% - a rate that is more than double the state rate of 3.1% - reported that they had been injured in a suicide attempt; and

**WHEREAS**, the following phone numbers are available to help: The National Suicide Prevention Lifeline at 1-800-273-8255 or 988, the New Mexico Crisis and Access Line at 1-855-662-7474, and the Agora Crisis Line at 505-277-3013 or 855-505-4505; and

**WHEREAS**, the Partnership for a Healthy Torrance Community, located at the Memorial of Perpetual Tears, is working to address the impact of suicide and other health related issues; and

**WHEREAS**, strong relationships and cohesion are protective factors during life's challenges; And

**WHEREAS**, one small act to show support, offer hope or build trust can make a difference and may save a life; and

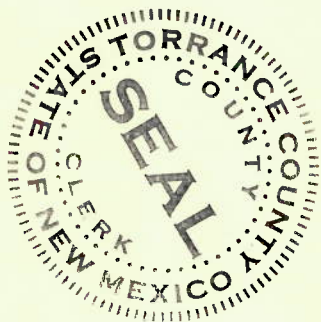
**WHEREAS**, talking openly about stress and psychological health builds trust, reduces barriers to care, and enables early intervention; and

**WHEREAS**, it is the duty of every citizen to respond to a call-to-action to change the way we discuss, perceive, and react to suicide and help-seeking; and

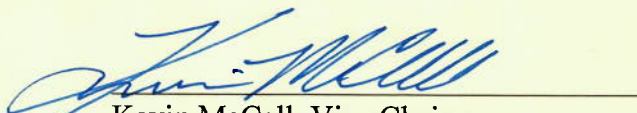
**WHEREAS**, the collaboration of government agencies, health organizations, and public and private partners should be encouraged and supported.

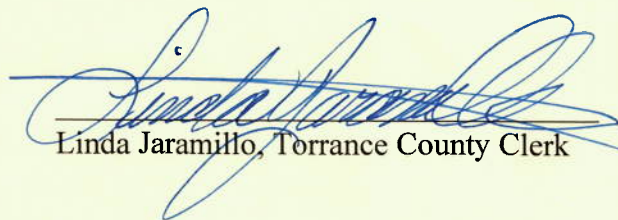
**NOW THEREFORE, BE IT RESOLVED** that we, the members of the Board of County Commissioners of Torrance County, New Mexico, do hereby proclaim September 2023 as **SUICIDE PREVENTION AWARENESS MONTH**, recognizing that suicide is a serious public health issue.

*Signed and Sealed in the Torrance County Seat,  
Estancia, New Mexico,  
on October 11, 2023.*



  
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Ryan Schwebach, Chair  
District 2

  
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Kevin McCall, Vice Chair  
District 1

  
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Linda Jaramillo, Torrance County Clerk

  
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Samuel D. Schropp, Member  
District 3