

CITY COUNCIL

The City of Orange Township, New Jersey

DATE September 5, 2023

NUMBER 329-2023

TITLE: **A RESOLUTION RECOGNIZING SEPTEMBER 2023 AS NATIONAL SUICIDE PREVENTION MONTH IN THE CITY OF ORANGE TOWNSHIP.** (Sponsored by Councilmember-At-Large Adrienne Wooten)

WHEREAS, September is National Suicide Prevention Month. Also known as Suicide Awareness Month, the month shines a spotlight on a topic not often talked about; and

WHEREAS, everyone is affected by suicide, not just the victim. Suicide impacts family and friends long after the loss of a loved one; and

WHEREAS, on average, one person commits suicide every 16.2 minutes. Two-thirds of the people who commit suicide suffer from depression; and

WHEREAS, one way to help prevent suicide is to increase access to treatment for depression; and

WHEREAS, however, identifying depression can be difficult; and

WHEREAS, not all people who suffer from depression show signs; and

WHEREAS, the first step in identifying someone who is suffering from depression and contemplating suicide is to see how serious the issue is; and

WHEREAS, talking to the person involved and asking about their thoughts will decrease the trigger of suicidal action; and

WHEREAS, suggesting a counselor or treatment for depression might also help; and

WHEREAS, often, people who are depressed need a caring friend; and

WHEREAS, a common fallacy is that people who talk about suicide never act on it; and

WHEREAS, if a friend or loved one is talking about suicide, it's time to get help for that person; and

WHEREAS, the mental health of yourself or a loved one can never be taken too seriously; and

WHEREAS, whether the weight of a long-term struggle or a crisis weighs you down, allow friends, family or a profession to lighten the burden by finding support; and

WHEREAS, there is no shame in seeking help; and

WHEREAS, if you or someone you know needs emergency assistance, contact the National Suicide Prevention Hotline at 1-800-273-8255.

NOW THEREFOR BE IT RESOLVED that the Municipal Council of the City of Orange Township does recognize September 2023 as National Suicide Prevention Month in the City.

Adopted: September 5, 2023

Joyce L. Lanier
City Clerk

Tency A. Eason
Council President