

RESOLUTION NO. 144-2023(CRR),
First Reading

By Mayor Seren, President Hart, and
Councilwoman Russell

A Resolution recognizing September 2023, *Suicide Prevention Month*; and declaring the necessity that this legislation become immediately effective as an emergency measure.

WHEREAS, suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender, or background and is often the result of an untreated mental health condition; and

WHEREAS, nearly 46,000 lives were lost to suicide alone in 2020; and

WHEREAS, 46% of people who die by suicide had a diagnosed mental health condition—but research suggests that 90% may have experienced symptoms of a mental health condition; and

WHEREAS, 79% of all people who die by suicide are male, and although more women than men attempt suicide, men are 4x more likely to die by suicide; and

WHEREAS, Suicide is the 2nd leading cause of death among people aged 10-14, the 3rd leading cause of death among those aged 15-24, and the 12th leading cause of death overall in the U.S.; and

WHEREAS, Lesbian, gay, and bisexual youth are 4x more likely to attempt suicide than straight youth and transgender adults are nearly 9x more likely to attempt suicide at some point in their life compared to the general population; and

WHEREAS, if you or someone you know is experiencing a mental health crisis, call or text **988** immediately, or if you are uncomfortable talking on the phone, you can chat the Suicide & Crisis Lifeline at **988lifeline.org**; and

WHEREAS, this Council encourages all residents of Cleveland Heights to know the risk factors of suicide including:

- A family history of suicide
- Substance use: Drugs can create mental highs and lows that worsen suicidal thoughts
- Intoxication: analysis from the CDC indicates around 1 in 5 people who die by suicide had alcohol in their system at the time of death
- Access to firearms

