

RESOLUTION NO. 162-2025(COTW), *First
Reading*

By All City Councilmembers

A Resolution recognizing September 2025 as *Suicide Prevention Month*; and declaring the necessity that this legislation become immediately effective as an emergency measure.

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

WHEREAS, over 49,000 lives were lost to suicide in 2024 alone according to the Centers for Disease Control and Prevention (CDC); 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 whether or not such a condition had been diagnosed; and

WHEREAS, 79% of all people who die by suicide are male, and although more women than men attempt suicide, men are 4 times 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 4 times more likely to attempt suicide than straight youth and transgender adults are nearly 9 times 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
- A serious or chronic medical illness
- A history of trauma or abuse
- Prolonged stress

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- A recent tragedy or loss; and

WHEREAS, this Council encourages all residents of Cleveland Heights to know the warning signs including:

- Increased alcohol and drug use
- Aggressive behavior
- Withdrawal from friends, family, and community
- Dramatic mood swings
- Impulsive or reckless behavior; and

WHEREAS, this Council recommends all residents learn how to approach a suicide related crisis by:

- Talking openly and honestly; don't be afraid to ask questions, like "Do you have a plan for how you would kill yourself?"
- Remove means such as guns, knives, or stockpiled pills
- Calmly ask simple and direct questions, like "Can I help you call your psychiatrist?"
- If there are multiple people around, have one person speak at a time
- Express support and concern
- Don't argue, threaten, or raise your voice
- Don't debate whether suicide is right or wrong
- If you're nervous, try not to fidget or pace
- Be patient

NOW, THEREFORE, BE IT RESOLVED by the Council of the City of Cleveland Heights, Ohio, that:

SECTION 1. This Council hereby proclaims September 2025 *Suicide Prevention Month* and urges the community to participate in raising awareness and to discuss this highly stigmatized topic with the goal of spreading vital information and hope to individuals, friends, and families that are impacted by suicide.

SECTION 2. It is found and determined that all formal actions of the Council relating to the adoption of this Resolution were taken in an open meeting of this Council, and that all deliberations of this Council and any of its committees that resulted in such formal action, were in meetings open to the public, in compliance with all legal requirements.

SECTION 3. Notice of the passage of this Resolution shall be given by publishing the title and abstract of its contents, prepared by the Director of Law, once in one newspaper of general circulation in the City of Cleveland Heights, or by posting the full text of this Resolution to the City of Cleveland Heights website.

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SECTION 4. It is necessary that this Resolution become immediately effective as an emergency measure necessary for the preservation of the public peace, health and safety of the inhabitants of the City of Cleveland Heights, such emergency being the need to pass this Resolution on a timely basis. Wherefore, provided it receives the affirmative vote of five or more of the members elected or appointed to this Council, this Resolution shall take effect and be in force immediately upon its passage; otherwise, it shall take effect and be in force and after the earliest time allowed by law.



TONY CUDA
President of Council



ADDIE BALESTER
Clerk of Council

PASSED: August 18, 2025

Presented to Mayor: 08/20/2025 Effective Date: 08/29/2025

KAHLIL SEREN
Mayor

*Effective date per Article IV, Section 5 of the Codified Ordinances of the City of Cleveland Heights