



STATE OF NEW MEXICO EXECUTIVE OFFICE SANTA FE, NEW MEXICO

# Proclamation

*WHEREAS, in the United States, over forty-six thousand individuals died by suicide in 2020 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, New Mexico ranks fourth in the nation for age-adjusted suicide rates; 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 tenth 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 2020, a significantly greater proportion of New Mexicans aged fifteen to thirty-four sought medical care in emergency rooms and hospitals for self-harm attempts than all ages of New Mexicans; 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, in New Mexico the following are phone numbers to reach out for help: Dialing 988 for behavioral or mental health crises; 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.*

*NOW THEREFORE, I, Michelle Lujan Grisham, Governor of New Mexico, do hereby proclaim September 2022 as:*

## **“Suicide Prevention Month”**

*throughout the state of New Mexico.*

Attest:

  
Maggie Toulouse Oliver  
Secretary of State

Done at the Executive Office this  
27<sup>th</sup> day of July 2022.

Witness my hand and the Great Seal  
of the State of New Mexico.



  
Michelle Lujan Grisham  
Governor