



September 29, 2025

# Board of Trustees Resolution

## *In Recognition of September as Suicide Prevention Month*

*Whereas*, September is known as National Suicide Prevention Awareness Month which helps promote resources and awareness around the issues of suicide prevention. It teaches how to help others and how to talk about suicide without increasing the risk of harm; and

*Whereas*, suicidal thoughts can affect anyone regardless of age, gender, race, orientation, income level, religion, or background. Suicide is the 10th leading cause of all deaths in the United States and the 44th leading cause of all deaths in California. On average, 123 people commit suicide every day in the United States, which equals approximately one person every 12 minutes; and

*Whereas*, in the United States, rates of suicide are highest among people from 45 to 54 years of age, and rates of suicide among youth who are from 15 to 24 years of age have increased more than 200 percent in the last 50 years; and

*Whereas*, each day, an estimated 22 veterans in the United States commit suicide, which equals approximately one veteran every 65 minutes; it is estimated that there are 4.78 million people in the United States, known as survivors of suicide, who have lost a loved one to suicide; and

*Whereas*, a great number of suicides are preventable; and most suicidal people display warning signals of their intentions; however, others are often unaware of these signals or unsure what to do about them; and

*Whereas*, the stigma associated with mental illness and suicide works against suicide prevention by discouraging persons at risk for suicide from seeking lifesaving help and further traumatizes survivors of suicide; and

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*Whereas,* the South Orange County Community College District, Irvine Valley College and Saddleback College offer an array of resources to students and employees to reduce the frequency of suicide attempts and deaths and the pain of survivors of suicide through educational programs, research programs, intervention services, and bereavement services; and

*Whereas,* Suicide Prevention Month is a time to acknowledge the tragic loss of individuals who have committed suicide and to commemorate the actions of organizations and individuals working to prevent suicide and raise awareness of suicide as a public health issue; now, therefore,

*Be it resolved,* that the South Orange County Community College District Board of Trustees declare the month of September as Suicide Prevention Month in the South Orange County Community College District and that all employees and students raise awareness through various initiatives, events or programs.

Carolyn Inmon, President

T.J. Prendergast III, Clerk

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Julianna M. Asperin Barnes, EdD, Chancellor

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