



Cape & Islands Suicide Prevention Coalition
P.O. Box 119
Barnstable, MA 02630

August 2, 2016

Board of Selectmen
Town of Chilmark
PO. Box 119
401 Middle Road, Beetlebung Corners
Chilmark, MA 02535-0119

Dear Board of Selectmen:

Each year, we lose more than 30 Cape & Island residents to suicide. And for each of these suicide deaths, it is estimated that at least 6 additional people are profoundly affected by that loss—and more than 40 people affected by the loss. Suicide is a public health issue in our communities; and it is preventable.

In recognition of National Suicide Prevention Month, the Cape & Islands Suicide Prevention Coalition is once again seeking to have the week of September 5-11th named "Suicide Prevention Week" in all of the Cape and Islands towns.

We aim to recognize this painful and often hidden part our communities, to demonstrate our commitment to suicide prevention, and to send a message of hope to those struggling, grieving, or affected in any way by suicide. We know that by decreasing the stigma that surrounds suicide, we increase the likelihood that someone will reach out for help.

Please accept this proclamation request for the selectman's agenda for an early September or late August meeting (Sample proclamation wording is attached) I appreciate your consideration of this request, and look forward to hearing from you.

The proclamation can be emailed to me at suicideprevention@capecoalition.com or mailed to me at: Cape and Islands Suicide Prevention Coalition, P.O. Box 119, Barnstable, MA 02630

Warm Regards,

A handwritten signature in black ink, appearing to read "Joan McDonald".

Joan McDonald
Office and Training Coordinator

AUG 8 2016

PROCLAMATION
SUICIDE PREVENTION WEEK

WHEREAS, in the United States, one person dies by suicide every 12.3 minutes and 117 people die by suicide each day; and

WHEREAS, 22 veterans die by suicide each day; and

WHEREAS, suicide is the second leading cause of death for Massachusetts residents ages 15-44 and the suicide rate on the Cape and Islands is 1.4 times higher than the State average; and

WHEREAS, suicide is a tragic and disruptive event for families and communities ~ it is estimated that annually, there are 6.3 million suicide loss survivors who have lost a loved one to suicide; and

WHEREAS, suicide is a public health issue and a community concern, and through increased education and awareness of the issue a great number of suicides can be prevented;

THEREFORE, we do hereby officially designate the week of September 5 - 11, 2016 as "*SUICIDE PREVENTION WEEK*" in Chilmark, MA.