



**STATE OF TEXAS
OFFICE OF THE GOVERNOR**

Words fail to capture the profound loss and immense heartache that suicide inflicts upon families and communities. Lives cut short by suicide are irreplaceable, and the pain caused by their absence is indescribable. But suicide is tragic precisely because it is preventable, and to this end, we all have a role to play in suicide prevention.

Our friends, family, and neighbors should never suffer in silence, and they will never have to if we bring suicide prevention and treatment to the forefront of the national conversation about mental health. In Texas, we know that every life is imbued with intrinsic worth and that every person deserves to feel loved, but due to the stigma surrounding mental illness and suicide, many struggling people are afraid to seek the care they so desperately need. As members of a compassionate society, it falls upon every one of us to learn the warning signs of suicidal ideation, develop the language necessary to broach this difficult subject, and reach out to those in need. When loved ones feel hopeless or alone, we can walk alongside them in their difficulty, and we can help them find the guidance, resources, and compassion needed to dispel the darkness afflicting them.

Suicide can impact people of any age, race, class, or gender, but one subset of our population has long faced heightened risk: veterans. These courageous men and women have heroically protected our nation and the values for which it stands, and in so doing, many have experienced trials that most civilians cannot comprehend. Consequently, they have had disproportionate incidence of depression, anxiety, and post-traumatic stress disorders and are at a 50 percent higher risk of suicide than their civilian counterparts. The State of Texas strives not merely to reduce veteran suicide, but to end it entirely, because a single veteran lost to suicide is one too many. To bring about this vitally important goal, I have partnered with state agencies, community organizations, and concerned citizens and have treated veteran suicide as a public health crisis. Through programs such as the Governor's Challenge to Prevent Veteran Suicides, I will continue to do everything possible to eliminate veteran suicide.

Each year, a month is set aside to end the stigma surrounding mental health disorders, raise awareness about suicide prevention, and devise meaningful solutions to this prevalent tragedy. At this time, I encourage all Texans to familiarize themselves with both the harsh realities of suicide and the lifesaving hope that rescues people from it. Together, we can help our fellow man and build a future in which no Texan has to bear life's burdens alone.

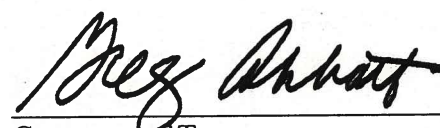
Therefore, I, Greg Abbott, Governor of Texas, do hereby proclaim September 2022 to be

Suicide Prevention Month



in Texas and urge the appropriate recognition whereof.

In official recognition whereof,
I hereby affix my signature this the
28th day of September, 2022.


Governor of Texas