

Dear District 5 Residents

As we transition into September, it's essential to acknowledge that this month is observed as Suicide Awareness Month. This designation serves as a sobering reminder of the many lives affected by suicide and the vast complexities surrounding mental health.

Every year, countless individuals, families, and communities experience the profound impact of suicide. Behind these numbers are real stories, dreams cut short, and relationships forever changed. But this month isn't just about remembrance; it's a call to action.

Suicide Awareness Month provides us all an opportunity to:

1. **Educate Ourselves:** Understand the signs and symptoms. Many times, small signs can be easy to dismiss, but learning about them can make a monumental difference.
2. **Open Up Conversations:** Break the stigma surrounding mental health. Encourage friends, families, and peers to discuss their feelings without judgment. Listen actively.
3. **Offer Support:** Whether it's professional therapy, helplines, or community support groups – be aware of the resources available and share them with those in need.

Every individual plays a role. You never know; your conversation, your message, or your gesture of support might become a beacon of hope for someone in darkness.

To anyone reading this who might be struggling: Remember, you are not alone. There are people who care, resources available and hope on the horizon. Please reach out.

Lastly, let's make it our mission not just for September but for every day of the year, to cultivate an environment of understanding, compassion, and support. Every life is invaluable, and together, we can make a difference.

Stay safe, stay connected, and let's look out for each other.

Warm regards,

Yxstian Gutierrez
County Supervisor