MILITARY SUICIDE AWARENESS

September 2024

PROCLAMATION

WHEREAS, in recent years, military suicides have reached numbers "four times" higher than that of combat deaths; and is up double over the last few years

WHEREAS, more female veterans are committing suicide than ever before.

WHEREAS, the VA estimates that a Veteran commits suicide every eighty-four minutes. That's 17 per day, 7,000 suicides a year, and 19% of all American suicides

WHEREAS, the ***"America's Warrior Partnership"*** and the ***"Department of Defense"*** conclude that the Veteran's Administration is incorrect and that their conclusion is 24 Veterans take their life a day. That is one every hour of the day.

WHEREAS, frequent deployments, stress of combat and prolonged separation from families have increased strain on military personnel and their families; and

WHEREAS, the actions in the World at this time and the 23rd anniversary of 9/11 approaching, some Veterans may question the meaning of their service or whether it was worth the sacrifices they made. Others may feel moral distress about experiences they had during their service. **It's entirely normal for them to feel this way, and they are not alone.**

WHEREAS, military personnel are reluctant to ask for help when they are depressed; and untreated depression is the number one cause of suicide among military personnel; and

WHEREAS, military personnel are encouraged to seek help to restore balance in their lives, as well as the lives of their families by engaging in stress relief activities, maintaining a buddy system of support so that *no soldier stands alone*, remembering the importance of self-care by engaging in activities that improve state of mind, asking for help from a professional, being aware that help is available through a variety of sources, including the Veterans Administration and Suicide Prevention hot-lines; and

WHEREAS, The Polk County Commissioners joins the Polk County Memorial VFW Post #9116 and the Auxiliary in urging all active and former military personnel and their families to seek help for behavior health issues.

NOW, THEREFORE, I, Myron Yoder, Chairman of the Polk County Commissioner, do hereby declare September 2024 as "MILITARY SUICIDE AWARENESS MONTH", and 11th September as "MILITARY SUICIDE DAY" and commends its observance to all citizens.

This the 3th day of September, 2024.

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Myron Yoder, Chair – Polk Co. Board of Commissioners

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Commander – Polk County Memorial VFW Post #9116 – Columbus Post

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President – Polk County Memorial VFW Auxiliary to VFW Post #9116 – Columbus Post

ATTEST:

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Kristy A. Tipton, Clerk to the Board