MILITARY SUICIDE AWARENESS
September 2026
PROCLAMATION

WHEREAS the VA estimates that our Veterans commit suicide every eighty-two minutes. That's 17.5 per day, 6,398 suicides a year, and 13% of all American suicides; and

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

WHEREAS the actions of the World at this time and the 25th 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 to feel this way, and you are not alone;** and

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 hotlines; and

WHEREAS The Polk County Commissioners join the Womack Bradley Polk County Memorial Post 9116 Veterans of Foreign Wars and its Auxiliary in urging all active and former military personnel and their families to seek help with behavior health issues.

NOW, THEREFORE, BE IT RESOLVED, I, Myron Yoder, Chairman of the Polk County Commissioner, do hereby declare September 2026 as "MILITARY SUICIDE AWARENESS MONTH", and commends its observance to all citizens.

This 17th day of August 2026.

POLK COUNTY BOARD OF
COMMISSIONERS

Myron Yoder
Chairman

ATTEST:

Kennedy Freeman
Clerk to the Board

Terry Trelford
Post Commander
Womack Bradley Polk County Memorial Post
9116 Veterans of Foreign Wars

Joyce B. Preston
Auxiliary President
Womack Bradley Polk County Memorial Post
9116 Veterans of Foreign Wars