The Council Chambers
City Hall
Portsmouth, New Hampshire

A Proclamation

Whereas: The national Substance Abuse and Mental Health Services Administration reminds us that we must all work together in seeking Strength, Dignity, Hope, and Purpose; and

Whereas: We know that suicide is preventable. Although it is complex and influenced by many interconnected factors, hope and resilience grow when people feel heard, especially in their darkest moments. A simple check-in, conversation, shared story, or helpful resource can make someone feel less alone; and

Whereas: Preventing suicide means combining knowledge, care and compassion -- understanding the risk, knowing the warning signs, accessing supportive care, and sharing hope to help people heal, build resilience and thrive after crisis; and

Whereas: Locally-tailored efforts are some of the best and most effective ways to address unique community needs. Small-group conversations with peers and professionals that focus on dignity, hope and purpose can help create a sense of connectedness and belonging. Those with lived experience can help reduce stigma and foster a sense of unity around the challenges of mental health and suicide; and

Whereas: Making resources accessible and visible in the community is crucial so that those in need of support can easily find care. When someone is having suicidal thoughts, connection, thorough planning, and dedicated follow-up care create a vital structure of safety and support; and

Whereas: Suicide prevention isn't about just one moment; it is about continued care over time because ongoing support builds trust, long-term healing and recovery. Working together on a safety plan gives people a sense of control and hope.

Now, therefore, I, Deaglan McEachern, Mayor, hereby proclaim September as

Suicide Prevention Awareness Month

and remind all members of the community that there are steps we all must take in looking out for our loved ones, the people in our community, and those who have been impacted by this leading cause of death.

Given with my hand and the
Seal of the City of Portsmouth
on this 8th day of September 2025

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Deaglan McEachern, Mayor of Portsmouth