



OFFICE OF THE GOVERNOR

September 2016

Suicide Prevention Awareness

Suicide is a serious public health problem that causes immeasurable pain, suffering, and loss to individuals, families, and communities nationwide. The causes of suicide are complex and determined by a combination of factors, such as mental illness, substance abuse, painful losses, exposure to violence, and social isolation. Suicide prevention efforts seek to reduce causes that heighten the risk for suicidal thoughts and increase the factors that help strengthen, support, and protect individuals from suicide.

California is working to ensure that the system for suicide prevention is effective and achieving maximum benefit and efficiency through statewide prevention and early intervention programs. These efforts address individual, relationship, community, and societal factors while promoting hope, easing access into effective treatment, encouraging connectedness, and supporting recovery.

In September, California joins the nation in raising awareness of suicide prevention efforts. I ask each Californian to think about those we have lost to suicide, do what you can for those still in need, and remember that there is help.

Sincerely,

A handwritten signature in black ink that reads "Jerry Brown".