



STATE of MINNESOTA

Proclamation

- WHEREAS: Suicide is the second leading cause of death for young people ages 10-34, and the tenth leading cause of death across all ages in the United States, having claimed the lives of more than 41,000 people in 2014; and
- WHEREAS: Every day, approximately 113 Americans die by suicide, with a death by suicide occurring every 13 minutes. Ninety percent of all people who die by suicide have a diagnosable psychiatric disorder at the time of their death; and
- WHEREAS: Approximately seven percent of Americans (15.7 million) over the age of 18 had at least one major depressive episode in 2014. Yet only half of all Americans experiencing an episode of major depression receive treatment; and
- WHEREAS: Depression is a treatable illness, and up to 80 percent of people that seek help for depression experience improvement in symptoms when treated with therapy and/or medication; and
- WHEREAS: Suicides due to depression or other mental illnesses are preventable deaths; and
- WHEREAS: The third Saturday in August is designated as "Stomp Out Suicide Day," a day to raise awareness for mental health and suicide prevention while celebrating life; and
- WHEREAS: The fifth annual Alissa M. Haines' Stomp Out Suicide 5K Walk/Run for Awareness takes place on Saturday, August 20, 2016, in Wyoming, Minnesota.

NOW, THEREFORE, I, MARK DAYTON, Governor of Minnesota, do hereby proclaim Saturday, August 20, 2016, as:

STOMP OUT SUICIDE DAY

in the State of Minnesota.



IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Minnesota to be affixed at the State Capitol this 8th day of August.


GOVERNOR



SECRETARY OF STATE