

September 10, 2021



Dear Colleagues,

The Maryland Office of Suicide Prevention acknowledges World Suicide Prevention Day on September 10. World Suicide Prevention Day is a time to remember those affected by suicide, to raise awareness, and to focus efforts on directing treatment to those who need it most. In addition to shifting public perception, we use this entire month of September to spread hope and vital information to people affected by suicide.

Suicide is a national health issue and currently ranks as the second leading cause of death for ages 10-35. Suicide is preventable. In 2019, Maryland experienced 657 suicide deaths. While overall, preliminary data show a decrease in suicide deaths over the past year, certain populations have been disproportionately impacted by the pandemic. Some of these groups are experiencing an increase in suicide fatalities, including black and brown communities and school-aged youths.

With your help, we continue to support affected communities with various upstream approaches that reduce risk factors that influence the likelihood that a person would become at risk for suicide death. Some of these include outreach, community programming, gatekeeper training, increasing access to resources and healthcare, and forming suicide prevention task forces and workgroups.

On September 10, we stand with you to honor all of those affected by suicide by wearing yellow. We hope that you participate in this movement to increase awareness, decrease stigmatization and spread hope. If you want to learn more about how you can get involved, please reach out to us at [mdh.suicideprevention@maryland.gov](mailto:mdh.suicideprevention@maryland.gov). Thank you for all that you do to prevent suicide.

Sincerely,

The Office of Suicide Prevention

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