

**GOODHUE COUNTY  
HEALTH & HUMAN SERVICES (GCHHS)**



**REQUEST FOR BOARD ACTION**

|                              |                                                                                  |                     |                                                                        |
|------------------------------|----------------------------------------------------------------------------------|---------------------|------------------------------------------------------------------------|
| <b>Requested Board Date:</b> | August 18, 2026                                                                  | <b>Staff Lead:</b>  | Ruth Greenslade                                                        |
| <b>Consent Agenda:</b>       | <input type="checkbox"/> Yes<br><input checked="" type="checkbox"/> No           | <b>Attachments:</b> | <input checked="" type="checkbox"/> Yes<br><input type="checkbox"/> No |
| <b>Action Requested:</b>     | Proclaim September 2026 as Suicide Prevention Awareness Month in Goodhue County. |                     |                                                                        |

**BACKGROUND:**

Mental Health is the #1 Health Priority in the [2026-2028 Goodhue County Community Health Improvement Plan \(CHIP\)](#). Suicide was among the leading causes of death in Goodhue County from 2021-2025, and the age-adjusted mortality rate shows that people died by suicide at higher rates in Goodhue County than in the Southeast Minnesota region overall during that period. The [2025 Goodhue County Community Health Needs Assessment \(CHNA\)](#) also identified that more people are delaying mental health care, feeling less socially connected, and experiencing more mentally unhealthy days each month.

September is [Suicide Prevention Awareness Month](#), which is an opportunity for people, organizations, and communities to have conversations about mental health to reduce stigma and share resources.

This proclamation will correspond with a social media campaign on having conversations about mental health with loved ones, how to ask for and offer support, and share local mental health resources. **The Goodhue County Government Center will also be lit purple from September 8<sup>th</sup> through the 10<sup>th</sup>** to raise awareness, show our commitment to preventing suicide, and support those who have lost loved ones to suicide.

**RECOMMENDATION:** GCHHS Department recommends approval as requested.

## **PROCLAMATION**

### **Suicide Prevention Awareness Month September – 2026**

**WHEREAS**, Mental Health is the #1 Health Priority in the 2026-2028 Goodhue County Community Health Improvement Plan; and

**WHEREAS**, 1 in 4 Goodhue County adults reported delaying mental health care in the past year due to cost and stigma, and the average number of mentally unhealthy days increased significantly; and

**WHEREAS**, suicide was the tenth leading cause of death in Goodhue County from 2021-2025 and suicide deaths among Goodhue County residents have increased since 2018; and

**WHEREAS**, mental health and suicide are serious problems affecting every corner of our community, and each loss has a profound effect on the individuals, families and community; and

**WHEREAS**, effective suicide prevention efforts include raising awareness, reducing stigma, and encouraging open dialogue about mental health; and

**WHEREAS**, our community plays a critical role in fostering hope, connection, and access to support for those who may be struggling; and

**WHEREAS**, we acknowledge that we must work together as a community to increase awareness about suicide prevention and promote open and honest conversations about mental health.

**NOW, THEREFORE**, We, Goodhue County Health and Human Services Board, do hereby proclaim **September 2026** as **SUICIDE PREVENTION AWARENESS MONTH** in Goodhue County, Minnesota and urge all citizens to recognize the signs of a mental health crisis, seek help if they are struggling, and stay informed of the resources available to offer support.