



STATE OF NEW MEXICO EXECUTIVE OFFICE SANTA FE, NEW MEXICO

Proclamation

WHEREAS, in the United States, more than forty-eight thousand individuals died by suicide in 2024, and New Mexico ranked fourth in the nation for suicide deaths; and

WHEREAS, in 2025, New Mexico experienced four hundred twenty-three suicide deaths—an average of eight lives lost each week; and

WHEREAS, suicide was the ninth leading cause of death overall in New Mexico, and the second leading cause of death among children ages 11 to 17; and

WHEREAS, the tragic loss of life to suicide has lasting and profound effects on loved ones, families, friends, and communities, touching individuals of every age, race, ethnicity, religion, gender, and economic background; and the State of New Mexico honors and remembers the precious lives lost to suicide and stands with the countless individuals who continue to grieve; and

WHEREAS, in 2025, New Mexico hospitals reported more than 21,000 emergency room visits involving a diagnosis related to suicide attempts or suicidal ideation, and the New Mexico Crisis Line received nearly 140,000 calls that year; and most individuals who experience suicidal thoughts or attempt suicide do not go on to die by suicide after receiving help and support; and

WHEREAS, survivors of suicide attempts and experts in suicide prevention recommend counseling as an effective approach to developing long-term strategies that reduce emotional pain and address suicidal ideation; and

WHEREAS, mental health is an essential part of overall health and well-being, and community-based behavioral health services tailored to individuals and families are cost-effective, accessible, and beneficial to people and communities across the state; and

WHEREAS, increasing public awareness of suicide warning signs, risk factors, healthy help-seeking behaviors, and the services and resources available to people at elevated risk is critical to reducing suicide rates statewide; and

WHEREAS, it is vital to share the message that it is always acceptable to ask for help, and that individuals experiencing thoughts of suicide or self-harm should be encouraged, supported, and assisted in reaching out for care; and

WHEREAS, the following resources are available to any individual in need of support: the 988 Suicide and Crisis Lifeline (call or text 988, or chat at 988lifeline.org); the New Mexico Crisis and Access Line at 1-855-662-7474; and the Agora Crisis Center at 505-277-3013 or toll-free 855-505-4505.

NOW THEREFORE, I, Michelle Lujan Grisham, Governor of the State of New Mexico, do hereby proclaim September 2026, as:

“Suicide Prevention Awareness Month”

throughout the state of New Mexico.

Attest:

Maggie Toulouse Oliver
Maggie Toulouse Oliver
Secretary of State



Done at the Executive Office this
1st day of September 2026.

Witness my hand and the Great Seal
of the State of New Mexico.

Michelle Lujan Grisham
Michelle Lujan Grisham
Governor