

From: [REDACTED]
To: [CMO BoardFeedback](#)
Subject: Public comment - Suicide Prevention Month 9/21
Date: Monday, September 13, 2021 10:50:11 AM
Attachments: [Outlook-dyd5uqb4.png](#)

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specific agenda item on which you are commenting: proclamation about Suicide Prevention Month

First, I wanted to thank the Board of Supervisors for presenting the proclamation designating September 2021 as Suicide Prevention Month. By doing this, the space is being created to have discussions around suicide prevention, intervention, and postvention.

As a therapist, I feel it is necessary to discuss with the BoS that our LGBTQ+ community lives with many different health disparities, including mental health challenges, lack of acceptance around sexual orientation and gender identity and expression, and social stigma.

According to the Trevor Project, "suicide is the 2nd leading cause of death among young people ages 10 to 24...LGB youth who come from highly rejecting families are 8.4 times as likely to have attempted suicide as LGB peers who reported no or low levels of family rejection...[and] 40% of transgender adults reported having made a suicide attempt." By having conversation about suicide and showing acceptance to our LGBTQ+ community, we can potentially save countless lives. Acceptance is vital in helping people feel safe being who they are.

I also wanted to discuss suicide postvention. Sadly, suicide is a reality of life and will affect many people who are suicide-loss survivors. More conversations around suicide loss are needed. In our society, discussions around death are often considered taboo; it is especially taboo if the death is by suicide. We as a community must create safe places to talk openly and honestly about death and suicide if we want to help create healing spaces for those whose lives have

been affected by suicide.

I thank you for getting the conversation about suicide going in this public way. Let's work together as a community to continue and deepen this life-saving work.

In community,
~Verna Barrientos, ASW
Mental Health Clinical / Intake Coordinator
San Mateo County Pride Center

Resource

Trevor Project – Facts About Suicide

<https://www.thetrevorproject.org/resources/preventing-suicide/facts-about-suicide/>

Verna Barrientos, ASW

Pronouns: she/her/hers

Mental Health Clinician & Intake Coordinator

San Mateo County Pride Center

1021 S. El Camino Real

San Mateo, CA 94402

www.sanmateopride.org

Office hours: Monday-Friday 10-6:30pm

Office: 650-591-0133

eFax: 650-412-1986



StarVista 24/7 Crisis Hotline: 650-579-0350 & 800-273-8255

Spanish Crisis Hotline (Línea directa de crisis Española): 888-628-9454

800-273-8255 – Suicide Hotline

866-488-7386 – Trevor Lifeline (LGBTQ+ folks ages 13-24)

Crisis Text Line – Text HOME to 741741

To read the results of the San Mateo County LGBTQ+ COVID-19 survey please see this link:

<https://tinyurl.com/SMCPC-CovidSurveyAnnouncement>

To access the Pride Center store, please use this link: <https://tinyurl.com/SMCPC-Merch>



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