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NEWS RELEASE

FOR IMMEDIATE RELEASE

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County emphasizes mindfulness in Suicide Prevention Awareness Month

Hidalgo County Commissioners Court

Richard F. Cortez
County Judge

David L. Fuentes
Commissioner, Precinct 1

Eduardo "Eddie" Cantu
Commissioner, Precinct 2

Joe M. Flores
Commissioner, Precinct 3

Ellie Torres
Commissioner, Precinct 4

OFFICE OF COUNTY JUDGE RICHARD F. CORTEZ

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EDINBURG – Each year, more than 41,000 individuals die by suicide, leaving behind their friends and family members to navigate the tragedy of loss. Commissioners Court unanimously approved a proclamation emphasizing the importance of mindfulness and declared September as Suicide Prevention Awareness Month.

Suicidal thoughts, much like other mental health conditions, can affect anyone regardless of age, gender, or background.

Precinct 1 Accounts Payable Supervisor Yolanda Estrada-Peralez started the Say Yes to Life campaign with her husband, following the death of their 17-year-old son Andrew on December 15, 2015.

"I have found hope; that is why I host the Say Yes to Life events," said Peralez. "My purpose is to help others get the help they need and to stop the stigma of mental illness and suicide."

Suicide Prevention Awareness Month provides a dedicated time to come together with collective passion and strength around a difficult topic.

The National Hotline is 1-800-273-TALK; everyone is encouraged to save this number and use it when you, a friend, or loved one is experiencing a crisis so that lives can be saved.

The third annual Hidalgo County Suicide Prevention Event—hosted by Say Yes to Life, the Peralez Family, Chris Ardis, Vivian Velazquez Tamez, and the International Baccalaureate at Lamar Academy Student Council—will be held at 7 p.m. on August 31, at North San Juan Park, at 509 East Earling Road in San Juan.

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PHOTOS: *Hidalgo County approves proclamation declaring September as Suicide Prevention Awareness Month.*

Hidalgo County is home to one of the fastest growing regions in the nation. We provide health and justice to the over 800,000 residents of our county. We strive to be accessible and responsive to our citizens by providing excellent public service through the values of leadership, transparency, fairness, collaboration, respect and fiscal responsibility. Follow our social media feed at www.co.hidalgo.tx.us/followus