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California State Senate

SENATOR
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November 29, 2021

Honorable Neysa Fligor
Mayor, Los Altos City Council
Los Altos City Hall
1 North San Antonio Road
Los Altos, CA 94022

Dear Mayor Fligor,

I respectfully urge the Los Altos City Council to adopt a Suicide Prevention Policy. In doing so, the City of Los Altos would join nine other cities in the County of Santa Clara that have already adopted such a policy.

The challenges imposed by the COVID-19 pandemic have ignited a mental health crisis across the country. According to data from the U.S. Census Bureau and the Centers for Disease Control and Prevention, more than one-third of Americans are showing signs of clinical anxiety or depression during the pandemic. The findings among young people and children are even more striking: in 2020, nearly half (49%) of Americans between the ages of 18-29 exhibited symptoms of anxiety or depression, and the proportion of mental health-related emergency department visits among adolescents aged 12-17 years increased by 31% from 2019.

During a time when mental health challenges have grown for so many, especially our youth, we must expand existing support systems while creating new ones to meet the additional need. In recognition of the mental health crisis, the State invested hundreds of millions of dollars to support immediate mental health needs as well as early intervention services, which play a crucial role in suicide prevention.

The City of Los Altos has a timely opportunity to promote awareness of suicide prevention resources among its community members by adopting a Suicide Prevention Policy that aligns with the Santa Clara County Suicide Prevention Strategic Plan. It is our duty as elected officials to ensure the health and wellbeing of our communities. As such, I strongly support the adoption of a Suicide Prevention Policy by the City of Los Altos.

Thank you for your time and consideration.

Sincerely,



Josh Becker
California State Senate, 13th District
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From: [Linda Lenoir](#)
To: [Public Comment](#)
Subject: Suicide Prevention Policy Adoption
Date: Monday, November 29, 2021 9:59:31 PM

Dear Los Altos City Council ,

Thank you for your consideration of adopting a Suicide Prevention Policy. As a former District Nurse in a local school district I can't emphasize enough the importance to schools and communities of having such a policy. The policy will be extremely helpful in the implementation of important measures to help educate the community about early identification of young and older members of the Community who are trying to deal with mental health issues. A policy also helps to let the Community know and understand the importance of recognition and early intervention for a person with mental health issues. In addressing education you help to decrease the stigma around suicide by encouraging community members to reach out for help when it is most needed.

Sincerely,

Linda Lenoir RN, BSN, MSN, CNS, PHN
Suicide Prevention Training Manager
HEARD Alliance
Stanford