



Offer Hope to Prevent a Tragic Loss of Life.

1-800-273-8255 National Suicide Prevention Lifeline. Please store this number in your cell phone for an emergency.

What Can You Do When You Hear Suicidal Language or Behavior?

1. **ASK** about suicide.
2. **Seek** more information and keep safe.
3. **Know** where and how to refer (take action).

ASK About Suicide

- Indirect - Sometimes when people are sad, as you are, they think about suicide. Have you ever thought about it? Do you want to go to bed and never wake up?
- Direct - Have you thought about suicide? Do you want to kill yourself? Are you thinking about suicide?
- **Always ASK** – it is the most important step. If you cannot do it, find someone who can.
- Do not make judgmental remarks or inferences – people will just stop talking to you.

Seek More Information

- Seek a private area to talk. Seek to establish a relationship. Comment on what you see and observe non-judgmentally. Be curious about their perceived problem. Find out how long they've thought about suicide, if they've attempted suicide in the past and if they tried to get help.
- Seek to find out if they are at immediate high risk of suicide (have a plan) and/or (have access to a firearm, lethal medication doses or other means.) Take immediate steps to limit access to means to assure safety. Be sure to be aware of your own non-verbal reactions and tone of voice.
- Help them to implement a safety plan – a list of people they can call if they feel suicidal.
 - Find out who and where they normally go to for help (family, friends, faith leader, neighbor, roommate). Find out if they have a regular doctor, mental health provider or counselor. **Always include: 1-800-273-TALK (8255)**

Know How and Where to Refer

- National Suicide Prevention Lifeline **1-800-273-8255**. If you are military or veteran connected, Press 1.
- Texas Crisis Lines: All Local Mental Health Authorities (LMHAs) in Texas are required to be certified by the American Association of Suicidology. To find the LMHA crisis line in your area:
 - County specific crisis lines can be found at: <https://dshs.texas.gov/mhsa-crisishotline/>
 - Download the ASK about Suicide to Save a Life App in iTunes or the Google PlayStore
 - Use the crisis line listing at <https://texassuicideprevention.org/how-you-can-help/if-you-or-someone-you-know-need-help-now/>
- Other local resources – 911, hospitals, law enforcement, mobile outreach crisis teams.
- **If someone is in immediate risk of suicide, call 911**, local (or campus) police, mobile crisis outreach team, or take the person to the nearest hospital emergency room.



@StopTXSuicides
Texas Suicide Prevention Council
<https://TexasSuicidePrevention.org>
A program of NAMI Texas



Suicide in Texas

- Based on current data, there are more than 3,700 suicide deaths in Texas annually – about 1.5 times more suicide deaths than homicides, averaging almost 8 a day.
- Suicide is the 2nd leading cause of death for older teens, college age youth and young adults.
- 3rd leading cause of death among young teens (ages 10-14).
- The highest rates of suicide (numbers per 100,000 population) occur in seniors and middle age adults.

What do we know about suicide?

- Research indicates there is no single cause of suicide, however there is the belief that many of those who die by suicide have an underlying mental health or substance misuse condition. The most common mental health condition is depression.
- Research indicates that more males die by suicide, but more females attempt suicide.
- Some of the highest death rates (numbers per 100,000 population) are in native American population and adult white males.
- In Texas, some of the highest self-reported suicide attempts are in the Latina (female) teen population.

(Data from suicidology.org, WISQARS, and <http://sopfintdh.state.tx.us/cgi-bin/death>)

Suicide is Preventable: ASK

Risk Factors: Mental And Substance Use Disorders, Social-Cultural, Environmental

- Mental and addictive disorders, often co-occurring, are the significant risk factors for suicide. In particular, unipolar depression, bipolar disorder, and schizophrenia are mental health conditions with strong association with suicidal behavior.
- Environmental risk factors include: loss of job, financial loss, loss of relationship, easy access to lethal means, and exposure to clusters of suicide.
- Social-Cultural risk factors can include isolation and lack of social support, mental health stigma that may discourage help seeking behavior, barriers to health and mental health care, and cultural or religious beliefs that normalize suicide.

Protective Factors Can Act as a Safety Net

Protective factors are positive conditions, personal and social resources that promote resiliency and reduce the potential for suicide.

Acute Risk – Take Immediate Action, Keep Safe, Do Not Leave Someone Who is At Risk of Suicide Alone

Acute risk for suicide can include the following warning signs:

- Talking or writing about death, dying or suicide or killing oneself.
- Has a plan to kill oneself.
- Looking for ways to kill oneself by seeking access to lethal means such as medication or firearms.
- **For persons in immediate (or acute) risk: Call 911**, seek immediate help from your health or mental health provider; contact your mobile crisis outreach team, or go to the nearest hospital emergency room.


Chronic or Moderate Risk - Take All Signs Seriously and Refer to a Health or Mental Health Professional

- **Feelings or Emotional Signs:** no reason for living; feeling trapped; hopelessness; dramatic mood changes (high or low); anxiety, agitation or feeling like they are a burden to others.
- **Behavioral Signs:** increased substance abuse; withdrawal from friends and social connection; rage, anger, revenge; reckless or risk activities; and/or: unable to sleep or sleeping all the time.

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Online Training and Information:
<https://TexasSuicidePrevention.org>

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For In-Person Trainings Contact:
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