

S.A.L.T.



Save A Life Today

National Suicide Prevention Lifeline: 1-800-273-TALK or 1-800-273-8255

*In the United States, every **14.2** minutes, a life is taken by suicide.*

The person considering suicide is seeking relief from psychological / physical pain. From the idea to the act; the journey to suicide may be a matter of minutes, hours, days, weeks, months, or years.

What is S.A.L.T.?

S.A.L.T. stands for Save A Life Today.

S.A.L.T. is a suicide prevention coalition. Coalitions are groups of people and organizations that join together to accomplish goals that no one organization or individual could do alone. Building and sustaining collaboration is essential to a community-based approach to suicide prevention.

This not-for-profit organization's goal is preventing suicide through research, education, and advocacy. 100% of all contributions are utilized in currently participating counties.

The coalition has members representing the following counties: Anderson, Cass, Cherokee, Gregg, Harrison, Henderson, Houston, Nacogdoches, Panola, Polk, Rusk, Shelby, Smith, and Van Zandt.

If you or someone you know is interested in joining or contributing to this organization, contact:

Diana Bonds (chairperson)
chris3206@sbcglobal.net
(903) 754 - 1245

Are you thinking about suicide?

Suicide is never the answer. Getting help is the answer. You are not alone. If you are in intense emotional and/or physical pain, remember that your judgment is being clouded by that pain. If you are considering suicide, you are trying to end that pain. Please do not confuse ending your pain with ending your life. The two are very different. Let someone know your pain. Call the National Suicide Prevention Lifeline at 1-800-273-TALK.

Do you know someone who has taken their life and feel you could or should have done more to prevent it?

We hope you find some time to rest your burden and share it with those who need no explanation. Everyone does not heal in the same way. It is the most painful of journeys. We honor those we love who have been lost to suicide. May the radiance and beauty of their lives never be defined by their deaths. Be well, be peaceful, be hopeful.

One of the best sources for help is from other suicide survivors – joining a suicide support group can be of immeasurable help. Other suicide survivors can understand what you are going through and can support you.

See the local community resources section.

What are the warning signs for suicide?

- Preoccupation with death and dying
- A recent severe loss or threat of loss
- Sense of hopelessness about the future
- Increased use of alcohol or drugs
- Previous suicide attempts
- Uncharacteristic impulsiveness recklessness
- Giving away prized possessions
- Loss in interest in personal appearance
- Drastic changes in behavior or personality
- Appearing depressed or sad



R E A C H

What can I do? **REACH**

Recognize the Signs

- If you are in doubt if the signs are there, act as if they are.

Engage the Person

- Don't ignore the sign you have recognized.
- Approach the person and talk to them.

Ask Directly

- Ask them directly if they ever think of suicide. This lets them know that you take the situation seriously and want to help.
- Don't be afraid to ask. You won't 'plant' the idea of suicide. It may be a real relief to someone to know that it's all right to talk about it openly.
- 'Are you thinking about killing yourself?'
- Always take suicidal comments very seriously

Connect with Resources

- See the local community resources section
- Call the National Suicide Prevention Lifeline: 1-800-273-TALK
- Contact local clergy
- Call the police

Help the Person

- Stay with the person if they are in crisis.
- Help the person connect with the resources.
- Hope begins with you.

SALT Counties	Local Mental Health Authority & Other Resources
Anderson Cherokee	Access http://www.accessmhmr.org/ Crisis Hotline: 1-800-621-1693 STAR Crisis Hotline: 1-877-811-1289 Jacksonville Clinic: 903-589-9000 Palestine Clinic: 903-723-6136 Lone Star Military Resource Group 903-810-0303
Henderson Smith Van Zandt	Andrew's Center http://www.andrewscenter.com/ Crisis Hotline: 1-877-934-2131 Tyler Clinic: 903.597.1351 or 800.374.6058 1-800-735-2988 (Relay Texas, Voice) 1-800-735-2989 (Relay Texas, TTY) Athens Clinic: 903-675-8541 or 800-256-5851 Canton Clinic: 903-567-4197 or 800-256-5861 Mineola Clinic: 903-569-5409 or 800-256-5254
Houston Nacogdoches Polk Shelby	Burke Center http://www.burke-center.org/ Crisis Line: 1-800-392-8343 Houston/Trinity Counties Mental Health Clinic: 936-544-8627 Nacogdoches Mental Health Clinic: 936-558-6200 Polk/Tyler/San Jacinto Mental Health Clinic: 936-327-3786 Shelby/Sabine/San Augustine Mental Health Clinic: 936-598-6191
Cass Gregg Harrison Panola Rusk	Community Healthcore http://www.communityhealthcore.com/ Crisis Line: 1-800-832-1009 Longview (Fourth St): 903-757-1106 Longview (Sixth St): 903-759-2922 Wadley Hospital (Texarkana): 903-831-7585 Rusk County Community Health Center 1115 HWY 259 South, Henderson, TX 75654 903-392-8203