



YOUTH SUICIDE PREVENTION



FREQUENTLY ASKED QUESTIONS - CONTINUED

Q: Is suicide preventable?

A: Yes. Many people believe that individuals displaying suicidal behaviors have already made up their minds and will attempt regardless of any help or outreach offered. This belief is entirely wrong. Reaching out to someone displaying warning signs or otherwise indicating that he or she is thinking about suicide is the most important thing a friend, parent, or any other observer can do.

Q: If I suspect that someone I know is thinking about suicide, should I ask them? If so, how?

A: Yes. Asking is the first step in saving a life and is an important way to show that you are hearing them and that you will listen. For more information on this process, see below.

If you suspect that someone you know is thinking about suicide, the best way to approach the situation is to ASK.

ASK the question directly (“Have you thought about suicide?” “Do you want to kill yourself?” “Are you thinking about suicide?”) or indirectly (“Sometimes when people are sad as you are, they think about suicide. Have you ever thought about it?” “Do you ever want to go to bed and never wake up?”).

Once you **ASK**, follow the steps to the right.

1. Find a private area to talk and seek to establish a relationship, if you don’t have one already.
2. Comment on your observations non-judgmentally. Be curious about the perceived problem (how long have they thought about suicide, have there been previous attempts). Be aware of your verbal and non-verbal reactions.
3. **SEEK** to find out if they are at high risk of suicide and who and where they normally go for help. (Primary care or mental health provider, trusted friend or family member).
4. **KNOW** where to get help. If you feel that someone is at risk for suicide, refer to a mental health professional or one of the resources below.



MENTAL HEALTH RESOURCES

National Suicide Prevention Lifeline (call or chat):
 SuicidePreventionLifeline.org
 1-800-273-TALK (8255)
 Crisis Text Line: Text HOME to 741741



Crisis Lines - Texas HHSC Helpline
Dial 211 or call 1-877-541-7905
211texas.org

SAMHSA (Substance Abuse & Mental Health Services Administration)
www.samhsa.gov

NAMI Texas
www.NamiTexas.org

National Institute of Mental Health
www.nimh.nih.gov

Texas Youth Hotline: 1-800-989-6884
Text: 512-872-5777 / Chat:
www.dfps.state.tx.us/Youth_Hotline/

American Association of Child and Adolescent Psychiatry
www.aacap.org

Texas Suicide Prevention Council
TexasSuicidePrevention.org

American Foundation for Suicide Prevention
afsp.org

The Trevor Project (LGBTQ Youth)
Call: 1-866-488-7368
www.thetrevorproject.org

Texas Health and Human Services Commission
hhsc.texas.gov

Suicide Prevention Resource Center
www.sprc.org

American Association of Suicidology
www.suicidology.org