



Suicide Prevention



TEXAS
Health and Human
Services

How can I help?

If someone you know is...

- **Talking** about wanting to die or wanting to kill themselves
- **Planning** or looking for a way to kill themselves, such as searching online
- **Buying** a firearm or stockpiling pills
- **Talking** about feeling empty, hopeless or like there's no reason to live
- **Feeling** trapped or in unbearable pain
- **Talking** about being a burden to others
- **Increasing** the use of alcohol or drugs
- **Acting** anxious or agitated or behaving recklessly
- **Sleeping** too little or too much
- **Withdrawing** from family or friends or feeling isolated
- **Showing** rage or talking about revenge
- **Displaying** extreme mood swings
- **Saying** goodbye to loved ones and putting affairs in order

It's very important to act right away:

- 1. Ask about thoughts or plans for suicide:**
"Are you having thoughts about suicide?" "Are you thinking about killing yourself?"
- 2. Listen and be nonjudgmental.**
Let them know you care about them.
- 3. Believe what they say.**
Take words and actions seriously.
- 4. Offer hope.**
Help them think of reasons to live or ways to keep safe.
- 5. Get help.**
Stay with them until help is available.



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RESOURCES



- **Call 2-1-1** and press 8 or visit 211texas.org.
- **If you call 9-1-1**, ask for a **mental health officer**.
- **Find local mental health authority crisis numbers** at bit.ly/HHSmentalhealthcrisis.
- **Call the National Suicide Prevention Lifeline** 24/7 at **800-273-8255 (TALK)** or visit SuicidePreventionLifeline.org for information or to live chat.
- **Call the Veterans Crisis Line** at **800-273-8255** and press 1.
- **Text TX to 741-741** to reach the Crisis Text Line. Visit CrisisTextLine.org to learn more.



- **Call the Trevor Project** 24/7 (for LGBTQ young people) at **866-488-7386**, text START to **678678** or chat online at TheTrevorProject.org/get-help-now.



- **Take a training.** Visit hhs.texas.gov and search for "Mental Health First Aid" or "suicide prevention."

