

Suicide Prevention Awareness Month

September 2021

Facts about Suicide

- ✚ Suicide is the 10th leading cause of death in The United States (Source: NIMH).
 - 2nd leading cause for individuals 10-34 years of age
 - 11th leading cause of death in Texas
- ✚ One person dies by suicide every 11 minutes in The United States (Source: CDC).
- ✚ In 2019, 47,500 people died by suicide, 12 million US adults had serious suicidal thoughts, 3.5 million made a plan, and 1.4 million US adults attempted suicide (Source: CDC).
- ✚ 46% of people that died by suicide had a diagnosed mental health illness (Source: NAMI).
- ✚ Transgender adults are 12 times more likely to attempt suicide than the general population (Source: The Trevor Project).



Definitions (Source: NIMH)

- ✚ **Suicide** is defined as death caused by self-directed injurious behavior with intent to die as a result of the behavior.
- ✚ A **suicide attempt** is a non-fatal, self-directed, potentially injurious behavior with intent to die as a result of the behavior. A suicide attempt might not result in injury.
- ✚ **Suicidal ideation** refers to thinking about, considering, or planning suicide.

Risk Factors (Source: CDC)

- ✚ Family history of suicide
- ✚ Previous suicide attempts
- ✚ History of mental illness
- ✚ History of alcohol and substance abuse
- ✚ Criminal or financial problems
- ✚ Isolation, cut off from other people
- ✚ Impulsive or aggressive tendencies
- ✚ Barriers to access to health care
- ✚ Physical Illness
- ✚ Easy access to lethal methods
- ✚ Adverse childhood experiences, such as child abuse and neglect

What can we do?

5 Action Steps for Helping Someone in Emotional Pain

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|  <p>ASK</p> <p>“Are you thinking about killing yourself?”</p> |  <p>KEEP THEM SAFE</p> <p>Reduce access to lethal items or places.</p> |  <p>BE THERE</p> <p>Listen carefully and acknowledge their feelings.</p> |  <p>HELP THEM CONNECT</p> <p>Save the National Suicide Prevention Lifeline number 1-800-273-8255.</p> |  <p>STAY CONNECTED</p> <p>Follow up and stay in touch after a crisis.</p> |
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 **NIH** National Institute of Mental Health

www.nimh.nih.gov/suicideprevention

Strategies to Prevent Suicide



Strengthen economic supports

- Strengthen household financial security
- Housing stabilization policies



Teach coping and problem-solving skills

- Social-emotional learning programs
- Parenting skill and family relationship programs



Strengthen access to and delivery of suicide care

- Coverage of mental health conditions in health insurance policies
- Reduce provider shortages in underserved areas
- Safer suicide care through system change



Identify and support people at risk

- Gatekeeper training
- Crisis intervention
- Treatment for people at risk of suicide
- Treatment to prevent re-attempts



Create protective environments

- Reduce access to lethal means among persons at risk for suicide
- Organizational policies and culture
- Community-based policies to reduce excessive alcohol use



Lessen harms and prevent future risk

- Postvention
- Safe reporting and messaging about suicide



Promote connectedness

- Peer norm programs
- Community engagement activities

Source: <https://www.cdc.gov/violenceprevention/suicide/index.html>

Resources/ Websites

- National Suicide Prevention Lifeline Info. and Chat: <https://suicidepreventionlifeline.org/>
- NAMI Suicide Prevention Resources and Facts: <https://www.nami.org/Get-Involved/Awareness-Events/Suicide-Prevention-Awareness-Month>
- CDC Facts about Suicide: <https://www.cdc.gov/injury/features/be-there-prevent-suicide/index.html>
- NIMH Statistics and Information on Suicide: <https://www.nimh.nih.gov/health/statistics/suicide>
- LGBTQ Youth Mental Health Information: <https://www.thetrevorproject.org/survey-2021/>
- 5 Minute Suicide Prevention Training: <https://www.take5tosavelives.org/take-5-steps>
- Tips on Taking Care of Mental Health during COVID: <https://afsp.org/story/taking-care-of-your-mental-health-in-the-face-of-uncertainty>
- Fort Bend County Behavioral Health Services: www.fortbendcountytexas.gov/bh

Hotlines

- National Suicide Prevention Lifeline: **1-800-273- TALK (8255)**
- Texana Center 24 Hour Mental Health Crisis Hotline (Fort Bend County): **1-800-633-5686**
- Harris Center (Harris County) 24 Hour Crisis Line: **713-970-7000**
- DFPS Texas Youth Helpline: **1-800-989-6884**
- Veterans 24 Hour Crisis Line: **1-800-273-8255 (Press 1)**
- TrevorLifeline for LGBTQ Youth 24/7: Call **1-866-488-7386** or Text **START to 678-678**



Suicide Prevention



Suicide Prevention



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.

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."

