



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 the 988 Suicide and Crisis Lifeline**

Press "1" for veterans, or press "2" for Spanish. Visit 988lifeline.org for live online chat.

- **Text TX to 741741** to reach the Crisis Text Line. Visit CrisisTextLine.org to learn more.

- **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 texashhs.org/mentalhealthservices



- **Take a training.**

Visit hhs.texas.gov and search for "Mental Health First Aid" or "suicide prevention."

