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.
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RESOURCES

• 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 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

• 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

• Take a training. Visit hhs.texas.gov and search for “Mental Health First Aid” or “suicide prevention.”