

SUICIDE PREVENTION

In Texas, suicide is the second leading cause of death for ages 10-24 and there were 491 deaths by suicide in 2014 for ages 10-24 according to the Texas Dept. of State Health Services. There were 107 deaths by suicide in 2014 for ages 10-24 and 732 Total Deaths by suicide in 2014 for all ages in 11 counties of North Texas.

732 deaths by suicide affected 13,176 "loss survivors" in North Texas in 2014. Loss survivors are identified as the close friends and family members who are grieving the death.



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SUICIDE PREVENTION



WARNING SIGNS

- Feelings of sadness or hopelessness
- Anxiety
- A decline in school performance
- Loss of interest in social and sports activities
- Sleeping too little or too much
- Changes in weight or appetite
- Giving away treasured possessions
- Inability to concentrate or think clearly
- Discouragement about the future
- An increase in drug or alcohol use
- Talk of “going away” or wanting to end it all
- Suddenly becoming very cheerful and happy after being depressed for a period of time

GETTING HELP

For Teens

- Take your friend’s actions seriously
- Talk to an adult you trust, and don’t be alone in helping your friend
- Convince your friend to call the Crisis Line and talk to someone. Crisis Line Number: 214.828.1000 | National Hotline: 800.273.TALK
- Never leave someone alone if they are threatening suicide. Call 9-1-1 or take the person to an emergency room or walk-in clinic at a hospital.

For Parents

- Support your child (listen, do not criticize, remain connected)
- Get your child immediate help (find a mental health or medical professional)
- Become informed (internet, local support group, library)
- Convince your child to call the Crisis Line: 214.828.1000 | National Hotline: 800.273.TALK
- Never leave someone alone if they are threatening suicide. Call 9-1-1 or take the person to an emergency room or walk-in clinic at a hospital.

Source: *The Suicide and Crisis Center of North Texas* | <https://www.sccenter.org/>

RESOURCES

Denton County MHMR:

940-381-5000

Suicide and Crisis Center of North Texas:

214-828-1000, 800-273-8255, sccenter.org

National Suicide Prevention Hotline:

1-800-784-2433

Go Ask Alice!:

goaskalice.columbia.edu

The Trevor Project:

thetrevorproject.com

