

What can I do to help?

If you think the person is thinking about suicide, **ACT!**

1. Believe what he or she says, take words and actions seriously
2. Listen and don't judge
3. Ask about thoughts or plans for suicide
4. Get help

If you think the person will hurt or kill him or herself, DO NOT leave the person alone until help is available:

Call the 24/7 Crisis Helpline:
512-472-HELP (4357)

or

Call **911** and ask for a Mental Health Officer

or

Take the person to **Psychiatric Emergency Services (PES)**: 56 East Avenue, Austin 78701

or

Take the person to **Dell Children's Hospital**
4900 Mueller Boulevard, Austin 78723
or **Brackenridge Hospital – Seton**
Psychiatric Emergency Department
601 East 15th Street, Austin 78701

or

Go to any hospital **emergency room**

Resources



National Suicide Prevention Lifeline
www.suicidepreventionlifeline.org
1-800-273-8255

Texas Suicide Prevention
www.TexasSuicidePrevention.org



24/7 Crisis Helpline
512-472-HELP (4357)

*Press 1 for English, then 1 for
mental health crisis support.*

*Information adapted from: American
Foundation for Suicide Prevention,
KidsHealth.org, Center for Mental Health
Services and Mental Health America.*



**PREVENT
TEEN SUICIDE**

 **Integral Care**

Austin/Travis County, Texas



Justin hasn't acted like himself lately and just posted on social media:

“ I CAN'T TAKE IT ANYMORE! ”

Should I take him seriously? **YES!**

TEEN SUICIDE IS A SERIOUS ISSUE.

For young people ages 15-24, suicide is the 2nd leading cause of death.

Being a Teen is not easy. Teens are not kids and are not yet adults which can be hard for them. Teens are caught between being kids and adults. They face pressures at home, at school and with friends as they try to succeed and fit in. Even for teens who are happy, this time of life can hard.

What could cause a teen to complete suicide?

Childhood abuse

Recent upsetting event

Lack of a support from family/friends

Access to a gun

Hostile social or school atmosphere

Other teen suicides



How would I know if someone is thinking about suicide?

- Feeling sad or hopeless
- Loss of interest in social and regular activities like sports
- Major changes in weight or appetite
- Sleeping too little or too much
- Not able to focus or think clearly
- Pulling away from friends or family
- Drug and alcohol use
- Giving away things he/she loves
- A cry for help could come in a public place such as social media – know where to look.