

Suicide Prevention

Suicide is one of the leading causes of death in the United States. For young people ages 15-24, it is the 2nd leading cause of death. Childhood abuse, a recent upsetting event, access to a gun, or an unfriendly social or school environment could all cause someone to think about suicide.

You can help prevent suicide by looking for these signs.

- Feeling sad or hopeless
- Loss of interest in social and regular activities
- Major changes in weight or appetite
- Sleeping too little or too much
- Pulling away from friends or family
- Not able to focus or think clearly
- Drug and alcohol use
- Giving away things they love



A cry for help could come in a public place such as social media. Know where to look.

If you need help now, call the
24/7 Crisis Helpline at **512-472-HELP (4357)**.
Press 1 for English, then 1 for mental health crisis support.

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How You Can Help Someone Thinking About Suicide

1. Believe what they say. Take words and actions seriously.
2. Listen and don't judge.
3. Ask about thoughts or plans for suicide.
4. Get help. Do not leave them alone until help is available.

Ways to Get Help

Call Integral Care's 24/7 Crisis Helpline

512-472-HELP (4357) | *Press 1 for English, then for mental health crisis support*

Call the National Suicide Prevention Lifeline

1-800-273-8255 | suicidepreventionlifeline.org

Call 911 and ask for a Mental Health Officer

Use the Crisis Text Line

Text HOME to 741741 | crisistextline.org

Go to Integral Care's Psychiatric Emergency Services (PES)

1165 Airport Blvd, 2nd floor, Austin 78702

Monday-Friday 8am-10pm | Saturday, Sunday & Holidays 10am-8pm

Go to Dell Children's Hospital

4900 Mueller Blvd, Austin 78723

Go to any hospital emergency room