

The **Austin-Central Texas Suicide Prevention Coalition** supports the goals and objectives of:

- the 2012 National Strategy for Suicide Prevention
- the 2014 Texas State Plan for Suicide Prevention
- the Zero Suicide in Texas (ZEST) initiative

“No matter where we live or what we do every day, each of us has a role in preventing suicide. Our actions can make a difference. We have no time to waste.”

– 2012 National Strategy for Suicide Prevention

Resources for Professionals

ZEST Suicide Prevention Toolkit – sites.utexas.edu/zest/toolkit

American Foundation for Suicide Prevention – afsp.org

The Society for the Prevention of Teen Suicide – sptsusa.org

Visit IntegralCare.org/coalition for additional resources.

Suicide is preventable, yet it is one of the leading causes of death in our state. For young people ages 15-34, it is the second leading cause of death. One Texan dies every 3 hours by suicide.

The **Austin-Central Texas Suicide Prevention Coalition** is a collaboration of local government agencies, healthcare providers, schools and community-based organizations. We strive to reduce suicides through advocacy efforts, implementation of evidence-based strategies and trainings for schools, mental health service providers and the community.



Trainings,
Toolkits &
Resources



Support for People
Impacted by
Suicide



Prevention
Strategies



Postvention
Strategies

IntegralCare.org/coalition

To join the coalition or for more information,
email actxspcoalition@integralcare.org

Suicide Prevention for Everyone

Childhood abuse, a recent upsetting event, access to a gun, or a hostile work or school environment could all cause someone to complete suicide. Family and friends can all help prevent suicide for people they know.

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.

Resources for Everyone

Visit IntegralCare.org/coalition

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.

If you need to talk or are concerned about someone:

Call Integral Care's 24/7 Crisis Helpline
512-472-HELP (4357)

Call the National Suicide Prevention Lifeline
1-800-273-8255 | suicidepreventionlifeline.org

Use the Crisis Text Line
Text HOME to 741741 | crisistextline.org

If someone is in immediate crisis:

Call 911 and ask for a Mental Health Officer

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