

Talking Points: Suicide Prevention

What are signs someone might be thinking about killing themselves?

- Feeling sad
- Loss of interest in social activities
- Major changes in weight, appetite and hygiene
- Sleeping a little or too much
- Pulling away from family or friends
- Drug and alcohol use
- Giving things away

How Do I Talk To Someone?

- Tell your loved one what you are seeing. Specifically say, “I noticed that you haven’t been spending time with the family (or our friends) lately and you seem really sad.”
- Tell your loved one that you care about them and want them around. This is really important. You want to let them know that you see these changes in them.
- Ask them if they’re thinking about wanting to kill themselves. That might be difficult to say but again, it lets the other person know you care enough to notice, which is really important.

How Can Someone Get Help?

- If your loved one tells you they've been thinking about killing themselves, do not leave them alone.
 - Call Integral Care's 24/7 Crisis Helpline at 512-472-4357. Our team is available 24 hours a day, 7 days a week to provide immediate support.
 - Take them to Integral Care's Psychiatric Emergency Services, which is a walk-in clinic for adults and children located at 1165 Airport Blvd.
 - It's open Monday through Friday from 8am to 10pm and Saturday, Sunday and holidays from 10am to 8pm.
- Both the Helpline and Psychiatric Emergency Services can be used by anyone, including yourself.
- Always call 911 if they are at imminent risk of injuring themselves.

What myths surround suicide?

- Some people think suicide is not preventable. That is not true. Talk about prevention.
- Some people think if you talk about suicide, you will put the idea in someone's head. That's not the case. The individual is already thinking about it. Asking the question will show them you care.
- Suicide happens without warning.
- Once a person is considering suicide, there's nothing you can do.
- A person who attempts suicide will always be "suicidal."

Is there a connection between suicide and mental illness?

- More than half of the people who died by suicide did not have a known mental health condition.
- Other problems often contribute to suicide, such as relationships, substance use, physical health, and job, money, legal, or housing stress.

2019 Statistics

- Suicide rates increased 33% from 1999 to 2017.
- Texas ranks 40th in the nation for deaths by suicide.
- Suicide is the 11th leading cause of death overall in Texas.
- One Texan dies every 2 hours by suicide.
- 47,173 lives were lost to suicide nationally in 2019.

Who is Integral Care?

Integral Care is the Local Mental Health Authority (LMHA) and Local Intellectual and Developmental Disability Authority (LIDDA) for Travis County. Since 1967, our mission has remained the same: to provide accessible, high-quality mental health care and social services—at low or no cost—to individuals affected by mental health conditions, substance use disorders, and intellectual or developmental disabilities. We support people in achieving well-being and independence through compassionate care available 24/7.