

September is Suicide Prevention Month

Hope Can Happen

Suicide is preventable. By starting the conversation, providing support, and directing help to those who need it, we can prevent suicides and save lives.

We Can All Take Action

Evidence shows that providing support services, talking about suicide, reducing access to means of self-harm, and following up with loved ones are just some of the actions we can all take to help others.

Local Crisis Centers are Critical for Help

Local crisis centers provide support and connect individuals to local services.

**Tropical Texas Behavioral
Health Center
Crisis Hotline 1-877-289-7199**

“A Friend Asks” is a **FREE** smart-phone app that helps provide the information, tools and resources to help a friend who may be struggling with thoughts of suicide. Download the app today and encourage friends and family to do the same. Education is the key to prevention and with information like this as close as your smartphone; you could help save a life!



Know The Risk Factors

Risk factors are characteristics that make it more likely that someone will consider, attempt, or die by suicide. They can't cause or predict a suicide attempt, but they are important to be aware of.

- Mental disorders, particularly mood disorders, schizophrenia, anxiety disorders, and certain personality disorders
- Alcohol and other substance use disorders
- Hopelessness
- Impulsive and/or aggressive tendencies
- History of trauma or abuse
- Major physical illnesses
- Previous suicide attempt(s)
- Family history of suicide
- Job or financial loss
- Loss of relationship(s)
- Easy access to lethal means
- Local clusters of suicide
- Lack of social support/isolation
- Stigma in asking for help
- Lack of health care, especially mental health and substance abuse treatment
- Cultural and religious beliefs
- Exposure to others who have died by suicide

Brownsville Independent School District

Know the Warning Signs

Some warning signs may help you determine if a loved one is at risk for suicide, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change. If you or someone you know exhibits any of these, seek help by calling the Lifeline.

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, like searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious, agitated or behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings



<https://suicidepreventionlifeline.org>

24/7 Lifeline 1-800-273-8255