



A program of Mental Health America of Texas and the Texas Suicide Prevention Council

**For Texas suicide prevention information and resources, visit**

**www.TexasSuicidePrevention.org**

**If you or someone you know needs help, call the**

**Suicide Prevention Lifeline at 1-800-273-TALK (8255)**

**Red Nacional para la Prevención de Suicidio En Español: 1-888-628-9454**

## Ask a question, save a life.

Question the person about suicide. Do they have thoughts? Feelings? Plans? Don't be afraid to ask.

Persuade the person to get help. Listen carefully. Then say, "Let me help." Or, "Come with me to find help."

Refer for help. Contact a parent or any adult who can help such as school personnel, a counselor, social worker, or psychologist, physician, clergy, coach, or any other adult you trust.

### To Save A Life...

- ◆ Realize someone might be suicidal.
- ◆ Reach out. Asking the suicide question DOES NOT increase risk.
- ◆ Listen. Talking things out can save a life.
- ◆ Don't try to do everything yourself. Get others involved.
- ◆ Don't promise secrecy and don't worry about being disloyal.
- ◆ If persuasion fails, call your mental health center, local hotline or emergency services.

### Warning Signs of Suicide

- ◆ Suicide threats
- ◆ Previous suicide attempts
- ◆ Alcohol and drug abuse
- ◆ Statements revealing a desire to die
- ◆ Sudden changes in behavior
- ◆ Prolonged depression
- ◆ Making final arrangements
- ◆ Giving away prized possessions
- ◆ Purchasing a gun or stockpiling pills

[www.TexasSuicidePrevention.org](http://www.TexasSuicidePrevention.org)

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