



AS+K?

Ask About Suicide
To Save a Life™



Offer Hope to Prevent a Tragic Loss of Life.

1-800-273-8255 National Suicide Prevention Lifeline. Please store this number in your phone.

When You Hear or Observe Suicidal Language or Behavior:

- **AS+K?** about suicide.
- **Seek** more information.
- **Safety First** by considering ways a person at risk can find immediate support
- **Secure Lethal Means** help put time and distance between someone at risk and highly lethal means.
- **Know** where and how to refer (take action).

If someone is in immediate risk of suicide, call 911, mobile crisis outreach team, or go to the nearest emergency department. Do not leave the person alone.

AS+K? About Suicide to Save a Life

- How to **AS+K?**
 - Make a connection, Stay non-judgmental and practice active listening.
- Ways to **AS+K?**
 - “Sometimes when people are sad, as you are, they think about suicide. Have you ever thought about it?” “Do you want to go to bed and never wake up?”
 - “Have you thought about suicide?” “Do you want to kill yourself?” “Are you thinking about suicide?”
- **Always AS+K?** – it is the most important step! If you cannot do it, find someone who can. **Call 1-800-273-8255(TALK).**

Seek More Information

- Seek a private area to talk. Seek to establish a relationship through continued active listening. Comment on what you see and observe non-judgmentally. Listen for:
 - Perceived problems or challenges they are facing.
 - Support network and persons who have helped or are helping.
 - Help seeking behavior they have used in the past.

Safety First

- Find out who and where they normally go for help (family, friends, faith leader, neighbor, roommate). Find out if they have a regular doctor, mental health provider or counselor. **Always include: 1-800-273-TALK (8255)**
- Connecting someone at risk to caring support systems is an important element of keeping someone safe.
- Connecting to support conveys the message that help **IS** available and there is **HOPE**.

Secure Lethal Means

- If appropriate, consider access to highly lethal means.
- Putting time and distance between someone at risk of suicide and highly lethal means can help save a life.

Know How and Where to Refer

- National Suicide Prevention Lifeline **1-800-273-8255**. If you are military or veteran connected, Press 1.
- Texas crisis lines can be found at: <https://dshs.texas.gov/mhsa-crisishotline/>

Suicide in Texas¹

- Based on current data, there are more than 3,700 suicide deaths in Texas annually – about 1.5 times more suicide deaths than homicides, averaging almost 8 a day.
- Suicide is the 2nd leading cause of death for older teens, college age youth and young adults.
- 3rd leading cause of death among young teens (ages 10-14).
- The highest rates of suicide (suicides per 100,000 population) occur in seniors and middle age adults.

What do we know about suicide?

- Research indicates there is no single cause of suicide, however there is the belief that many of those who die by suicide have an underlying mental health or substance misuse condition. The most common mental health condition is depression.
- Research indicates that more males die by suicide, but more females attempt suicide.
- Some of the highest death rates (numbers per 100,000 population) are in native American population and adult white males.

Suicide is Preventable: AS+K?

Warning Signs: Take Immediate Action - Do Not Leave Someone Who is At Risk of Suicide Alone if you observe or hear:

- **Talk:** Talking, planning or writing about death, dying, suicide or killing oneself, feelings of hopelessness, feeling trapped, unbearable physical or emotional pain.
- **Behavior:** Substance use, looking for lethal means, withdrawing or isolating from family, friends or social activities, giving away possessions, saying goodbye, seeking access to lethal means such as medication or firearms.
- **Mood:** Depression, anxiety, loss of interest, irritability, humiliation/shame, agitation, anger, relief/sudden improvement.



**American
Foundation
for Suicide
Prevention**

If you perceive immediate risk: Call 911, nearest emergency department, health or mental health providers, your county's mobile crisis outreach team.

Take All Signs Seriously and Refer to a Health or Mental Health Professional – signs such as:

- **Feelings or Emotional Signs:** no reason for living; feeling trapped; hopelessness; dramatic mood changes (high or low); anxiety, agitation or feeling like they are a burden to others.
- **Behavioral Signs:** increased substance abuse; withdrawal from friends and social connection; rage, anger, revenge; reckless or risk activities; and/or: unable to sleep or sleeping all the time.



Risk Factors

- Risk factors are characteristics that make it more likely that individuals will consider, attempt or die by suicide. They include:
 - Mood and substance use disorders, often co-occurring, are significant risk factors for suicide. Unipolar depression, bipolar disorder, and schizophrenia are strongly associated with suicidal behavior.
 - Previous suicide attempt(s),
 - Loss (job, financial, relationship), access to lethal means, and exposure to clusters of suicide.
 - Social-Cultural factors can include lack of social support, mental health stigma, barriers to health and mental health care, and cultural or religious beliefs that normalize suicide.

Protective Factors

- Protective factors are positive conditions, personal and social resources that make it less likely that individuals will consider, attempt or die by suicide. They include:
 - Effective clinical care
 - Improve problem solving skills
 - Connectedness to peers, schools and social organizations, military/veteran transition programs, faith based communities and others.
 - Contact with care givers



MENTAL HEALTH RESOURCES
 National Suicide Prevention Lifeline (call or chat):
SuicidePreventionLifeline.org
 1-800-273-TALK (8255)
 Crisis Text Line: Text HOME to 741741



Crisis Lines - Texas HHSC Helpline
 Dial 211 or call 1-877-541-7905
211texas.org

Texas Youth Hotline: 1-800-989-6884
 Text: 512-872-5777 / Chat:
www.dfps.state.tx.us/Youth_Hotline/

The Trevor Project (LGBTQ Youth)
 Call: 1-866-488-7368
www.thetrevorproject.org

SAMHSA (Substance Abuse & Mental Health Services Administration)
www.samhsa.gov

American Association of Child and Adolescent Psychiatry
www.aacap.org

Texas Health and Human Services Commission
hhsc.texas.gov

NAMI Texas
www.NamiTexas.org

Texas Suicide Prevention Council
TexasSuicidePrevention.org

Suicide Prevention Resource Center
www.sprc.org

National Institute of Mental Health
www.nimh.nih.gov

American Foundation for Suicide Prevention
afsp.org

American Association of Suicidology
www.suicidology.org

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Online Training and Information:
<https://TexasSuicidePrevention.org>

@StopTXSuicides
 Texas Suicide Prevention Council

For In-Person Trainings Contact:
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