

### **Texas Mental Health Resources**

- Texas Suicide Prevention Hotline 1 (800) 273-TALK (8255)

<https://texassuicideprevention.org/how-you-can-help/if-you-or-someone-you-know-need-help-now/>

- Lifeline Chat

[988lifeline.org/chat](https://988lifeline.org/chat)

- Suicide/ Crisis: Call or Text 988

### **NAMI HelpLine: M-F 10 am – 10 pm ET**

 Call: [1-800-950-NAMI \(6264\)](tel:1-800-950-NAMI)

 Text: [62640](sms:62640)

 Chat: [nami.org/help](https://nami.org/help)

 Email: [helpline@nami.org](mailto:helpline@nami.org)

# WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

## TALKING ABOUT:



- ▷ Wanting to die
- ▷ Great guilt or shame
- ▷ Being a burden to others

## FEELING:



- ▷ Empty, hopeless, trapped, or having no reason to live
- ▷ Extremely sad, more anxious, agitated, or full of rage
- ▷ Unbearable emotional or physical pain

## CHANGING BEHAVIOR, SUCH AS:



- ▷ Making a plan or researching ways to die
- ▷ Withdrawing from friends, saying goodbye, giving away important items, or making a will
- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Displaying extreme mood swings
- ▷ Eating or sleeping more or less
- ▷ Using drugs or alcohol more often

**If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.**

**988 Suicide & Crisis Lifeline**  
Call or text 988  
Chat at [988lifeline.org](https://988lifeline.org)

**Crisis Text Line**  
Text "HELLO" to 741741



**NIH** National Institute  
of Mental Health

[www.nimh.nih.gov/suicideprevention](https://www.nimh.nih.gov/suicideprevention)

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# 5

## Action Steps to Help Someone Having Thoughts of Suicide

We can all take steps to help prevent suicide. **Knowing the warning signs for suicide and how to get help can save lives.**

**Here are 5 steps you can take to #BeThe1To help someone who is having thoughts of suicide:**



### 1. ASK:

"Are you thinking about suicide?" It's not an easy question to ask, but it can help start a conversation. Studies show that asking people if they are suicidal does not increase suicidal behavior or thoughts.



### 2. BE THERE:

Listening without judgment is key to learning what the person is thinking and feeling. Research suggests acknowledging and talking about suicide may reduce suicidal thoughts.



### 3. HELP KEEP THEM SAFE:

Reducing access to highly lethal items or places can help prevent suicide. Asking the person if they have a plan and making lethal means less available or less deadly can help the person stay safe when suicidal thoughts arise.



### 4. HELP THEM CONNECT:

Connecting the person with the 988 Suicide & Crisis Lifeline (**call or text 988**) and other community resources can give them a safety net when they need it. You can also help them reach out to a trusted family member, friend, spiritual advisor, or mental health professional.



### 5. FOLLOW UP:

Staying in touch with the person after they have experienced a crisis or been discharged from care can make a difference. Studies show that supportive, ongoing contact can play an important role in suicide prevention.

For more information on suicide prevention:  
[www.nimh.nih.gov/suicideprevention](http://www.nimh.nih.gov/suicideprevention)  
[www.bethe1to.com](http://www.bethe1to.com)



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