



# Prevent Suicide and Support Texans' Mental Health

## Suicide rates in Texas increased by 36.7% from 2000-22.<sup>1</sup> Preventing suicide must be a priority.

Open discussions about mental health and suicide prevention can reduce stigma and save lives.<sup>2</sup> Symptoms of depression and anxiety can make suicide seem like the most logical and appropriate option, making it less likely that people in crisis will reach out for support.

### Evidence-based strategies to reduce suicide risk:<sup>3</sup>



**Create safe environments:** Reduce access to lethal means, promoting safe firearm storage, and preventing substance use disorders.



**Improve access to care:** Encourage health insurance plans to cover more mental health conditions and services, including crisis intervention, and grow the behavioral health workforce, including psychiatrists and other professionals.



**Support school-based health clinics and education programs:** These promote skill building to handle bullying and conflicts, problem solving, developing healthy peer relationships, and engaging in activities to prevent suicide and substance use.<sup>4</sup>



**Prevent future risk:** Support programs that intervene after suicidal behavior to support individuals, families, schools, and communities.

### Models that improve behavioral health care delivery:

- **Integrative Behavioral Health (IBH) and Collaborative Care:** These care models bring together primary care physicians and other providers, psychiatrists, psychologists, social workers, case managers, and other specialists in a single setting. They are able to assess and utilize measurement tools to improve treatment outcomes, effectively reducing depression and suicidal thoughts.<sup>5,6</sup>
- **Telemedicine and telehealth in Texas:** A proven care option that strengthens behavioral health care access, improves care timeliness, leverages communication tools, saves costs, and enhances integrative models. Programs like Child Psychiatry Access Network (CPAN), Perinatal Psychiatry Access Network (PeriPAN), and Texas Child Health Access Through Telemedicine (TCHAT) support mental health.

## The Texas Public Health Coalition Recommends:

1. Support and help initiate school-based health clinics throughout Texas.
2. Support high quality state mortality data that is accessible for suicide prevention researchers.
3. Support access to telemedicine and telehealth services. CPAN has been an excellent provider-to-provider tool to identify and treat behavioral health issues; continued funding will support access.
4. Support payment parity for telemedicine and telehealth-delivered behavioral health care and access to the continuum of care.



**ADULTS AGES 25-29  
EXPERIENCED THE GREATEST  
INCREASE IN SUICIDE MORTALITY  
(69%) FROM 2000-2022**

Source: Texas Department of State Health Services, Texas death certificate data, [healthdata.dshs.texas.gov/dashboard/mental-health/mental-health](https://healthdata.dshs.texas.gov/dashboard/mental-health/mental-health)

#### SOURCES

1. <https://www.hhs.texas.gov/sites/default/files/documents/leg-report-suicide-prevention-tx-nov-2022.pdf>
2. <https://www.hhs.texas.gov/services/mental-health-substance-use/mental-health-crisis-services/suicide-prevention>
3. <https://www.cdc.gov/suicide/pdf/preventionresource.pdf>
4. <https://pmc.ncbi.nlm.nih.gov/articles/PMC3770486/>
5. <https://www.apa.org/health/behavioral-integration-fact-sheet>
6. <https://www.nimh.nih.gov/health/topics/suicide-prevention>



# The Texas Public Health Coalition is a coalition of health professional organizations and health-focused organizations dedicated to disease prevention and health promotion.

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## MEMBERS

ALS Association	Society for Adolescent Health and Medicine	Texas Health Institute
Alzheimer's Association	Texas Academy of Family Physicians	Texas Hospital Association
American Cancer Society, Cancer Action Network	Texas Academy of Nutrition and Dietetics	Texas Medical Association
American Heart Association	Texas Academy of Physician Assistants	Texas Nurses Association
American Lung Association	Texas Association of City & County Health Officials	Texas Osteopathic Medical Association
Children at Risk	Texas Association of Community Health Centers	Texas Pediatric Society
Children's Hospital Association of Texas	Texas Chapter of the American College of Physicians Services	Texas Physicians for Social Responsibility
Harris County Public Health	Texas Dental Association	Texas Renal Coalition
Healthier Texas		Texas School Nurses Organization
March of Dimes		The Immunization Partnership
Methodist Healthcare Ministries		United Ways of Texas

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## RESOURCES

BEXAR COUNTY MEDICAL SOCIETY  
CANCER PREVENTION AND RESEARCH  
INSTITUTE OF TEXAS  
CPAN & TCHAT  
UT MD ANDERSON CANCER CENTER

MICHAEL & SUSAN DELL CENTER FOR  
HEALTHY LIVING  
PARTNERSHIP FOR A HEALTHY TEXAS  
TEXAS DEPARTMENT OF  
STATE HEALTH SERVICES

TEXAS PUBLIC HEALTH ASSOCIATION  
TEXAS TOBACCO CONTROL COALITION  
TEXAS VETERINARY MEDICAL  
ASSOCIATION  
TRAVIS COUNTY MEDICAL SOCIETY

UT AUSTIN TOBACCO RESEARCH AND  
EVALUATION TEAM  
ZERO PROSTATE CANCER