

Additional Resources on Suicide Prevention and Mental Health in Texas

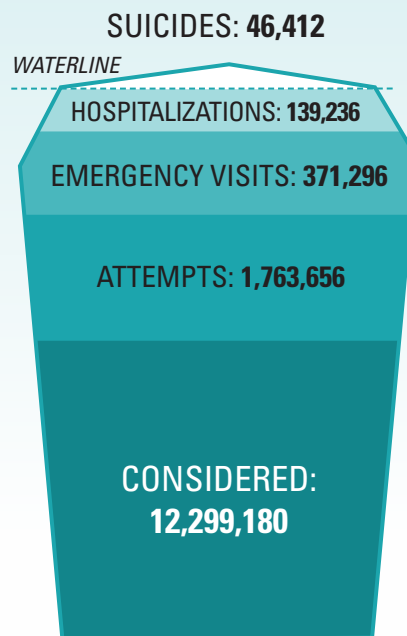
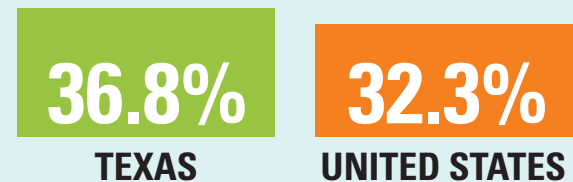


We can all help to recognize the signs of a crisis, ask direct questions about suicide risk, and provide support and resources.

PREVENTION STRATEGIES

- Talk openly about mental health and suicide prevention to reduce stigma and save lives by encouraging those with symptoms of depression and anxiety to reach out to support systems.
- Prevention emphasizes the importance of recognizing crisis signs, asking direct questions about suicide risk, and providing information about available resources. This better equips the community to support those in need.
- **Understand the risk factors:**¹
 - » Adverse Childhood Experiences (ACEs)
 - » Historical trauma and discrimination
 - » Depression, anxiety, and substance/alcohol use disorders
 - » Chronic pain
 - » Previous suicidal behavior
 - » Hopelessness
 - » Family history of suicidal behavior
- **Recognize warning signs:**²
 - » *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
- **Utilize evidence-based strategies to reduce suicide risk:**³
 - » **Create safe environments** by reducing access to lethal means, promoting safe firearm storage, and reducing substance use.
 - » **Improve access to care** by encouraging 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**, which promote skill building to handle bullying and conflicts, problem solving, developing healthy peer relationships, and engaging in activities to prevent suicide and substance use.⁴
 - » **Offer training** to a wide range of professionals and community members so they can identify and respond to those at risk.
 - » **Prevent future risk** by intervening after suicidal behavior to support individuals, families, schools, and communities.
 - » **Provide broad messaging about evidence-based prevention practices** such as Safety Planning Intervention.^{5,6}
 - » Support and strengthen families' **financial security**.

Share of Adults Reporting Symptoms of Anxiety Disorder and/or Depressive Disorder, 2023⁸

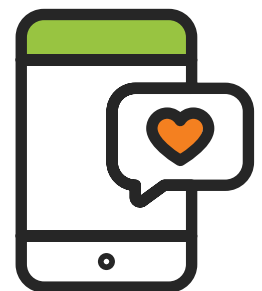


The iceberg diagram represents the different aspects of suicidal behavior.⁹ The tip of the iceberg represents the number of suicides among adults in the U.S. in 2021, while the larger numbers below the waterline show the other impacts, such as hospitalizations for self-harm, emergency department visits related to suicide, self-reported suicide attempts, and serious considerations of suicide in the past year.

TECHNOLOGY USE AND MENTAL HEALTH

Current evidence suggests that excessive or 'problematic' use of **social media/internet** increases suicide risk.⁷ Take steps to address the harmful impacts of addictive social media or internet use.

- Promote established guidelines for families, physicians, and other providers on the healthy use of technology, such as those developed by the American Psychological Association, the American Academy of Pediatrics, and others.
- Support more research and education on the growing impacts of social media, smartphone use, and overall technological advancements on physical, developmental, and mental health.



Additional Resources on Suicide Prevention and Mental Health in Texas

We can all help to recognize the signs of a crisis, ask direct questions about suicide risk, and provide support and resources.



FURTHER RESOURCES ON SUICIDE PREVENTION:

- Responsible reporting (media guidelines for discussing suicide): <https://afsp.org/safereporting/>
- American Foundation for Suicide Prevention (AFSP) policy recommendations: <https://afsp.org/public-policy-priorities/>
 - › AFSP risk factors and warning signs: <https://afsp.org/risk-factors-protective-factors-and-warning-signs/>
 - › AFSP suicide statistics: <https://afsp.org/suicide-statistics/>
 - › AFSP "After a Suicide School Toolkit": <https://afsp.org/after-a-suicide-a-toolkit-for-schools/>
- 988 Suicide and Crisis Lifeline: a new telephone code that provides 24/7, free and confidential support to people in suicidal crisis or emotional distress (<https://www.samhsa.gov/find-help/988>)
- Mental Health First Aid (MHFA): <https://www.hhs.texas.gov/about/process-improvement/improving-services-texans/behavioral-health-services/mental-health-first-aid-training>



SOURCES

1. <https://www.cdc.gov/suicide/pdf/preventionresource.pdf>
2. <https://www.nimh.nih.gov/health/publications/warning-signs-of-suicide>
3. <https://www.cdc.gov/suicide/pdf/preventionresource.pdf>
4. <https://pmc.ncbi.nlm.nih.gov/articles/PMC3770486/>
5. Stanley B, Brown GK, Brenner LA, Galfalvy HC, Currier GW, Knox KL, Chaudhury SR, Bush AL, Green KL. Comparison of the Safety Planning Intervention With Follow-up vs Usual Care of Suicidal Patients Treated in the Emergency Department. *JAMA Psychiatry*. 2018 Sep 1;75(9):894-900. doi: 10.1001/jamapsychiatry.2018.1776. PMID: 29998307; PMCID: PMC6142908. https://jamanetwork.com/journals/jamapsychiatry/fullarticle/2687370#google_vignette
6. <https://suicidesafetyplan.com/>
7. <https://pmc.ncbi.nlm.nih.gov/articles/PMC6791504/#sec12>
8. <https://www.kff.org/statedata/mental-health-and-substance-use-state-fact-sheets/texas>
9. <https://www.cdc.gov/suicide/facts/index.html>