



Suicide

GTH: GATEWAY TO HOPE

What is Suicide?

- Suicide is the act of intentionally causing one's own death
- It is the 10th leading cause of death in the United States
 - Over 40,000 people die by suicide each year

Know the Symptoms

- Expressing no will to live
- Making a suicide plan
- Feeling trapped or feeling unbearable pain
- Heavy alcohol or drug use
- Acting anxious or agitated
- Withdrawing from loved ones or saying goodbye
- Extreme mood swings
- Giving away important possessions
- Making a will

Need Help?

- National Suicide Prevention Hotline: please call **1-800-273-TALK**
 - If you have a hearing impairment, you can contact the Lifeline via TTY at **1-800-799-4889**
- The Houston Hope Line: please call **(832) 831-7337**

What are the Risk Factors?

- Depression, mental disorders, or substance abuse disorder
- Certain medical conditions
- A prior suicide attempt
- Family history of a mental disorder or substance abuse and/or suicide
- Family violence, including physical or sexual abuse
- Having firearms in the home
- Being recently released from incarceration
- Exposure to others' suicidal behavior

Treatments and Therapies

- **Cognitive Behavioral Therapy (CBT):**
 - recognizing thought patterns and considering alternative actions when thoughts of suicide arise
- **Dialectical Behavior Therapy (DBT):**
 - recognizing when feelings or actions are disruptive or unhealthy, and learning skills to deal with upsetting situations

5 Action Steps to Help

- **Ask:** “Are you thinking about killing yourself?” Asking does not increase suicidal thoughts
- **Keep them safe:** Reduce a suicidal person’s access to highly lethal items
- **Be there:** Listen carefully and learn what the individual is thinking and feeling
- **Help them connect:** The National Suicide Prevention Lifeline is there when you need it: 1-800-273-TALK (8255)
- **Stay Connected:** Stay in touch after a crisis or after being discharged from care