Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

September is Suicide Prevention Awareness Month—a time to raise awareness of this stigmatized, and often taboo, topic. We use this month to shift public perception, spread hope and share vital information to people affected by suicide. Our goal is ensuring that individuals, friends and families have access to the resources they need to discuss suicide prevention and to seek help.

Throughout the month of September, NAMI will highlight the “Together for Mental Health,” campaign which encourages people to bring their voices together to advocate for better mental health care, including an effective crisis response system.

1. **ASK:** It’s not easy to ask someone directly if they have thoughts of suicide but studies show that asking at-risk individuals if they are suicidal does not increase suicides or suicidal thoughts.

2. **KEEP THEM SAFE:** REMOVING OR DISABLING LETHAL MEANS CAN MAKE A DIFFERENCE.

3. **BE THERE:** LISTEN CAREFULLY, CONNECT AND REMAIN WITH THEM UNTIL CONNECTING WITH HELP.

4. **HELP THEM CONNECT:** Help them reach out to crisis lines like the ones above or a family member/safe person. You can even save those numbers on their phone.

5. **STAY CONNECTED:** Staying in touch after the crisis or when they have been discharged from care makes a difference. Studies show the number of suicide deaths goes down when someone follows-up.
A safety plan is something mental health professionals use when a child or adolescent says or does something that suggests they are at risk of doing something harmful. It’s usually triggered by talk of suicidal feelings, but it could also be thoughts of self-injury or harming someone else.

The safety plan is a series of steps the child or teen agrees to take to cope with their feelings without doing something harmful. It usually involves things they can do to calm down, distract themselves from painful feelings, and reach out for support. And it involves things both the teen and their parents will do to make their environment safer, by removing things they could use to hurt themselves.

If someone you know is struggling with suicidal thoughts they can receive a suicidal risk assessment at any of the following locations:

**Cook Children’s Behavioral Health (Ages 3-17)**
801 7th Ave Fort Worth, TX | (682) 885-3917

**Mesa Springs Hospital (Ages 6 and Up thru Adult)**
Ft Worth (Timberland) Office: 682-345-0425
Ft. Worth (Camp Bowie) Office: 682-593-6001
Arlington Office: 682-273-4194

**Texas Health Behavioral Health Center Arlington (Ages 13 Up, Thru Adult)**
800 W Randol Mill Rd. Arlington, TX 76012 | 682-549-7916

**JPS - Trinity Springs (Ages 13-17 & 18 Up)**
1500 S. Main St. Fort Worth, TX 76104 | (817) 702-3636

**Millwood Hospital (6 & Up)**
1011 North Cooper Street, Arlington, TX 76011
817-859-7074

or your local hospital Emergency Room

**BasePoint Academy** is a PHP/IOP specifically designed to address the unique mental health challenges teens face today. It serves adolescents ages 11 to 18 years old, offering group therapy with individual and family therapy components, as well as medication management.

BasePoint keeps students enrolled in HEB ISD and has an Education Counselor to help coordinate academic assignments with our district. They provide complimentary transportation to and from BasePoint and are in network with all major commercial insurances.

Signs to look for: Anxiety, depression, impulsive behaviors, isolation, academic decline, substance use, anger issues, self-harming behavior, unhealthy relationships.

They offer complimentary assessments and are open 7 days a week, 7:00am to 7:00pm at 972-325-2633.