

**SUICIDE
PREVENTION**

Are you in a crisis?

If you are struggling with thoughts of suicide or know someone who is, you are not alone. There is help available 24/7.

What's your mood?



Is it time to talk to someone?

CALL 1-800-273-8255

TEXT HELLO TO 741741



Your mental health matters. Mental health is just as important as physical health. Good mental health helps you cope with stress and can improve your quality of life. Get tips and resources from NIMH to help take care of your mental health. <https://go.usa.gov/xH5QU>

My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.

Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others

If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.

Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm

Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

For help finding treatment, visit www.nimh.nih.gov/findhelp.

If you are in crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741).

www.nimh.nih.gov/findhelp

Do you need help with your mental health? If you don't know where to start, this infographic may help guide you. <https://go.usa.gov/xGfxz>



Help raise awareness about suicide prevention by sharing informational materials based on the latest research. Everyone can play a role to help save lives. Share science. Share hope. <https://go.usa.gov/xvWK6>



If you're in crisis, there are options available to help you cope. You can call the National Suicide Prevention Lifeline at any time to speak to someone and get support. For confidential support available 24/7 for everyone in the U.S., call 1-800-273-8255 or visit <https://go.usa.gov/xftYC>.



Save the number, save a life. Add the National Suicide Prevention Lifeline (1-800-273-8255) to your phone now—it could save a life later. Trained crisis workers are available to talk 24/7/365. Visit <https://go.usa.gov/xyxGa> for more info.



Send a text, save a life. Add the Crisis Text Line to your phone now—it could save a life later. Text "HELLO" to 741741 in the United States to be connected to a Crisis Counselor over text message. Visit <https://go.usa.gov/xyxGa> for more info.



Suicidal thoughts or actions are a sign of extreme distress, and should not be ignored. Get help as soon as possible. Talk to your doctor. Start by visiting: <https://go.usa.gov/xyxGa>



How can you make a difference in suicide prevention? Learn about what to do if you think someone might be at risk for self-harm by reading these 5 Action Steps for Helping Someone in Emotional Pain: <https://go.usa.gov/xyxGc>



Don't wait for your health care provider to ask about your mental health. Start the conversation. Here are 5 tips to help prepare and guide you on how to talk to your health care provider about your mental health: <https://go.usa.gov/xV3hH>



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Suicide Prevention Resources and Information

- [American Foundation of Suicide Prevention \(AFSP\)](#)
- [National Alliance on Mental Illness \(NAMI\) – Austin Chapter](#)
- Crisis Text Line – [Mental Health School Supplies for Students/Parents/Educators](#)
- [Coping with Grief: The Christi Center](#) or [The Austin Center for Grief and Loss](#)
- [eResources for Suicide Prevention in Texas](#)
- [Having an Honest Conversation](#)
- [Resources for Teens](#)
- [Substance Abuse and Suicide](#)
- [Suicide Warning Signs](#)
- [What Parents Can Do: The Jason Foundation](#)
- [What Students Can Do: The Jason Foundation](#)