NATIONAL SUICIDE PREVENTION MONTH
SEPTEMBER

SOCIAL EMOTIONAL WELLNESS

CRISIS INTERVENTION PREVENTION TEAM
SEPTEMBER 2024

THE TEAM

The team addresses mental health concerns to create a positive school environment for all students. You can submit a referral to our team by clicking HERE

CURIOUS QUESTIONS

What goes through your mind the most these days?

What makes you really happy?

Can you tell me about a time with our family that really sticks out in your mind?

Is there anything you've been wondering about lately? Big or small?

Is there anything that worries you or makes you feel stressed?

When we're together what do you think about the most?

SUICIDE WARNING SIGNS

- Talking about wanting to die
- Looking for a way to kill themselves, like searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Extreme mood swings
- Giving away belongings

HOW CAN YOU HELP?

- Be direct. Talk openly and matter-of-factly about suicide.
- Be willing to listen. Allow expressions of feelings.
- Be non-judgmental.
- Show interest and support.
- Don't dare him or her to do it.
- Don't act shocked. This will put distance between you.
- Don't be sworn to secrecy. Seek support.
- Take action. Remove means, like weapons or pills.
- Get help from people or agencies specializing in crisis. intervention and suicide prevention.
- Offer hope that alternatives are available but do not offer glib reassurance.

GET HELP NOW

988 SUICIDE & CRISIS LIFELINE

In crisis?
Text HELLO to 741741.

CRIME STOPPERS
817-469-8477
TARRANT COUNTY

Emergency Assessments

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 & 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

Prioritizing Mental Health

Understanding Suicidal Ideation

Misconceptions of Suicide

Risk Factors

People of all genders, ages, and ethnicities can be at risk. Suicidal behavior is complex, and there is no single cause. The main risk factors for suicide are:

- Depression, other mental disorders, or substance use disorder
- Chronic pain
- Personal history of suicide attempts
- Family history of a mental disorder or substance use
- Family history of suicide
- Exposure to family violence, including physical or sexual abuse
- Presence of guns or other firearms in the home

Direct or indirect exposure to others' suicidal behavior—such as that of family members, peers, or celebrities—can increase risk for people with suicidal thoughts.

Safety Plans

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.

