

# Suicide Prevention Resource Guide

**National Suicide Prevention Lifeline:** 1-800-273-8255 (TALK), TTY: 1-800-799-4889, [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

**Veterans Suicide Prevention Hotline:** 1-800-273-8255 (TALK) and press 1

**Trevor Hotline for LGBTQ Youth:** 1-866-488-7386

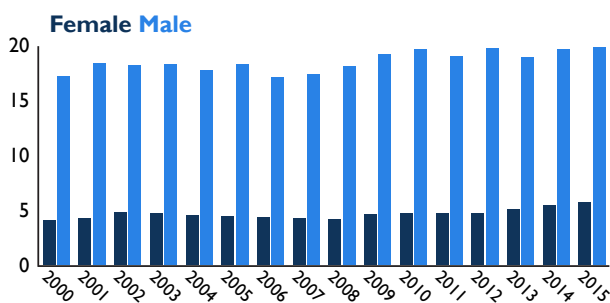
**Texas Local Mental Health Authorities:** [dshs.state.tx.us/mhsa-crisishotline/](http://dshs.state.tx.us/mhsa-crisishotline/)

## Background

In 2016, Texas's suicide rate was 40th in the U.S.<sup>1</sup> The 3,488 deaths puts Texas second only to California in the number of suicides. Metropolitan areas have lower suicide rates than non-metropolitan areas in Texas, a discrepancy that seems to be increasing.

Men are almost four times as likely to die by suicide than women, although women are more likely to experience depression and suicidal ideation.<sup>2</sup> The chart below shows the gender ratio in Texas remained steady over time.<sup>1</sup>

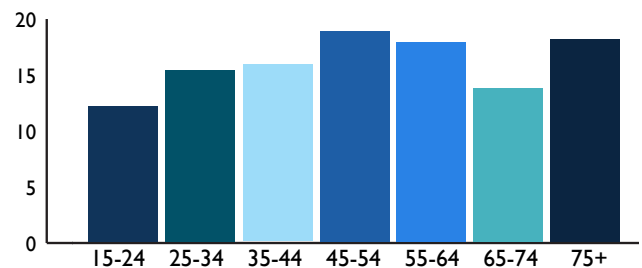
**Suicide rates by gender in Texas (per 100,000)<sup>1</sup>**



Firearms are the leading cause of suicide in Texas, used at a greater rate than in other states. Second and third are suffocation and poisoning. Studies show men are more likely to use highly lethal methods, such as firearms, and women are more likely to choose less violent methods, such as poison.<sup>3</sup>

However, these choices do not account for the large gender discrepancy.

**Suicide by age in Texas (per 100,000)<sup>1</sup>**



Among those aged 15-34, suicide is the second leading cause of death. It is the fourth leading cause for people ages 15-64.<sup>1</sup>

**Non-psychiatric settings must incorporate suicide screening, as most patients have co-existing medical conditions. Mental health and non-mental health providers need to collaborate in order to prevent suicide.**

<sup>1</sup> Centers for Disease Control and Prevention, National Center for Health Statistics

<sup>2</sup> Deshpande, G., Baxi, M., Witte, T., and Robinson, J.L. (2016). A Neural Basis for the Acquired Capability for Suicide. <https://www.frontiersin.org/articles/10.3389/fpsyg.2016.00125/full>

<sup>3</sup> Cibis A, Mergl R, Bramesfeld A, Althaus D, Niklewski G, Schmidtke A, et al. Preference of lethal methods is not the only cause for higher suicide rates in males. [https://www.jad-journal.com/article/S0165-0327\(11\)00517-9/fulltext](https://www.jad-journal.com/article/S0165-0327(11)00517-9/fulltext)

## Actions Nurses Can Take

### Change how you talk about suicide

Language is powerful. How we talk about suicide matters. Dispel the myth that talking about suicide increases the likelihood of suicide. Stigma often keeps people with symptoms from speaking up.

Instead of “committed suicide,” use “died by suicide,” to reduce the implication of a criminal act and create a safe space to talk about suicide and loss. Avoid terms like “failed attempt at suicide,” “completed suicide,” or “successful suicide.”

### Get training

- [Mental Health First Aid](#)
- [American Psychiatric Nurses Association](#)
- [American Foundation for Suicide Prevention](#)

### Get involved

- [Apply for a research grant](#)
- Fundraise or donate
- Do a walk or run
- Volunteer
- [Find an event in your area.](#)

**Studies on nurse burnout and suicide are sparse. While many studies have looked at physician suicide, no conclusive data exists for nurse suicide yet. An estimated 18-41 percent of nurses show signs of depression, a precursor to suicide.**

▶ [Read study](#)

## Local Crisis Centers

From the American Association of Suicidology

City	Crisis Center	Main	Office	Children and Adolescents	Geriatric	Veterans	Cultural Considerations
Austin	<a href="#">Austin Travis County Integral Care</a>	512-472-4357	512-447-4141	●	●		●
Austin	<a href="#">Workers Assistance Program (Alliance Work Partners)</a>		512-343-9595			●	●
Corpus Christi	<a href="#">Avail Solutions, Inc.</a>		361-808-7901	●		●	●
Dallas	<a href="#">Suicide and Crisis Center of North Texas</a>	214-828-1000	214-824-7020	●	●		●
Dallas	ADAPT Community Solutions, Inc.		888-956-2226 x3412		●	●	●
El Paso	<a href="#">Emergence Health Network</a>	915-778-1800	915-887-3410	●	●	●	●
Forth Worth	<a href="#">MHMR Tarrant</a>	817-335-3022	817-569-4522	●	●		●
Houston	<a href="#">The Harris Center for Mental Health and IDD</a>	713-970-7000		●	●	●	●

## Online Resources

### How to Help Someone Thinking of Suicide

U.S. National Library of Medicine

Available in English, Arabic, Burmese, French, Hakha Chin, Karen, Nepali, and Swahili

▶ [View handout](#)

### Preventing Suicide: A Technical Package of Policy, Programs, and Practices

Center for Disease Control: National Center for Injury Prevention and Control

A resource for communities and states

▶ [View PDF package](#)

### MedlinePlus Information

National Library of Medicine

Fact sheets, statistics, handbooks and other tools

▶ [Visit webpage](#)

### Suicide: A Major, Preventable Mental Health Problem

National Institute of Mental Health

Fact sheet for teens and young adults

▶ [View handout](#)

### National Strategy for Suicide Prevention: Goals and Objectives for Action, 2012

Surgeon General: U.S. Department of Health & Human Services

Action plan, strategies, skills and resources for suicide prevention, including public service announcement campaign material

▶ [Read strategy](#)

### Mindfulness Meditation

NIH: National Center for Complementary and Integrative Health

A recent study showed mindfulness meditation could reduce suicide ideation in middle schoolers

▶ [Visit webpage](#)

### Virtual Hope Box

National Center for TeleHealth and Technology and Department of Defense

Free mobile app to support patients working with a behavioral health provider

▶ [Download in App Store](#)

▶ [Download in Google Play](#)

### National Action Alliance for Suicide Prevention

National Action Alliance for Suicide Prevention

A public-private partnership advancing the national strategy for suicide prevention

▶ [Visit webpage](#)

### Suicide in America: Frequently Asked Questions

National Institute of Mental Health

Suicide risk in all genders and age groups

▶ [Visit webpage](#)

### Understanding Suicide

Centers for Disease Control and Prevention

▶ [View PDF handout](#)

### Texas Department of State Health Services Suicide Prevention

▶ [Visit webpage](#)

Tools for suicide prevention, mental health in schools, early mental health intervention, mental health first aid, mental health promotion and positive youth development, and substance use prevention and intervention.

## Free Assessment Tools

### Columbia Suicide Severity Rating Scale

Three versions of the C-SSRS are available for use in clinical practice:

- The Screener version: A truncated form of the full version
- The Lifetime/Recent version: Allows practitioners to gather lifetime history of suicidality as well as any recent suicidal ideation or behavior
- The Since Last Visit version: Allows practitioners to assess suicidality since the patient's last visit

▶ [Download C-SSRS](#)

Find more tools, videos, and guidelines at **Zero Suicide**.

▶ [Visit webpage](#)

### National Suicide Prevention Lifeline Suicide Risk Assessment Standards

These standards were based on SAMHSA-funded evaluations that indicated the need for more consistent, uniform suicide risk assessment practices for crisis call centers. Lifeline's Standards, Training and Practices Subcommittee developed the evidence-informed Suicide Risk Assessment Standards. The Lifeline adopted these standards as policy and verified full network membership adherence with these standards. The standards focus on four principles and their subcomponents: suicidal desire, suicidal capability, suicidal intent and buffers.

▶ [Download NSPL Suicide Risk Assessment Standards](#)

### Clinical Practice Guideline for Assessment and Management of Patients at Risk for Suicide

This guideline, developed by the Department of Veterans Affairs and the Department of Defense, is organized around three clinical Algorithms:

- Algorithm A: Assessment and Management of Risk for Suicide in Primary Care
- Algorithm B: Evaluation and Management of Risk for Suicide by Behavioral Health Providers
- Algorithm C: Management of Patient at High Acute Risk for Suicide

▶ [Download Guideline](#)

## Additional Information

### Psychiatric-Mental Health Nurse Essential Competencies for Assessment and Management of Individuals at risk for suicide

Guidelines from the American Psychiatric Nurses Association, including articles, competencies, and trainings for various populations and practice settings

▶ [Visit webpage](#)

### 2012 National Strategy for Suicide Prevention: Goals and Objectives for Action

Goals, objectives, and rationale from the U.S. Surgeon General and the National Action Alliance for Suicide Prevention on how to manage mental health issues such as suicidality

▶ [Read PDF report](#)

## Multimedia Resources

### Podcast on Childhood Suicide and Keeping Kids Safe Online

NIH: National Institute of Mental Health

The internet and social media are powerful tools that influence virtually everyone. Unfortunately, too many children have made tragic decisions based on what they see on the web. Dr. Jane Pearson talks about how the internet is increasingly becoming a means of preventing childhood suicide.

 [Listen to podcast](#)

### Podcast on Warning Signs for Childhood Suicide

NIH: National Institute of Mental Health

It's a question asked by parents, educators, and health professionals. How do we prevent suicide among our children? Dr. Jane Pearson talks about important warning signs that come from children. She also looks at how well-intended reaction to tragedy can have unintended consequences.

 [Listen to podcast](#)

### Suicide Prevention and Research

NIH: National Institute of Mental Health

Dr. Jane Pearson talks about warning signs as well as progress in suicide prevention.

 [Watch video](#)

### Suicide Prevention Research

NIH: National Institute of Mental Health

Dr. Douglas Meinecke talks about critical suicide prevention research.

 [Watch video](#)

### Reaching Older Adults

Suicide Prevention Resource Center

Dr. Jo Anne Sirey talks about seniors, depression, and services.

 [Watch video](#)

### Men in the Middle Years

Suicide Prevention Resource Center

Psychiatrist Jeffrey Sung talks to clinicians and researchers about this at-risk population.

 [Watch video](#)