



SUICIDE

If you or someone you now is in immediate danger because of suicidal thoughts or actions: CALL 911

***If you or someone you know is experiencing a mental health crisis:
CALL PES at 472-HELP***

He/she can also be taken to a hospital Emergency Room for if necessary.

If you or someone you know is contemplating suicide but not in immediate danger, please call one of the support hotlines listed below.

Most suicide attempts are expressions of extreme distress, not harmless bids for attention. A person who appears suicidal should not be left alone and needs immediate mental-health treatment. Seeking help is a sign of strength.

If you are concerned, go with your instincts, get help!

Suicidal behavior is complex. Some risk factors vary with age, gender, or ethnic group and may occur in combination or change over time.

Risk factors for suicide include:

- depression and other mental health disorders, or a substance-abuse disorder (often in combination with other mental disorders)
- prior suicide attempt
- family history of mental disorder, substance abuse or suicide
- family violence, including physical or sexual abuse
- firearms in the home
- incarceration
- exposure to the suicidal behavior of others, such as family members, peers, or media figures.

Suicide and suicidal behavior are not normal responses to stress; many people have these risk factors, but are not suicidal.

The following are some of the signs you might notice in yourself or a friend that may be reason for concern.

Warning Signs for suicide include:

- Feelings of hopelessness or worthlessness
- Persistent depressed mood
- Very poor self esteem or strong sense of guilt

- Not wanting to participate in family or social activities
- Changes in sleeping and eating patterns: too much or too little
- Feelings of anger, rage, need for revenge
- Feeling exhausted most of the time
- Trouble with concentration, problems academically or socially in school
- Feeling listless, irritable
- Regular and frequent crying
- Not taking care of one's self
- Reckless, impulsive behaviors
- Frequent physical symptoms such as headaches or stomach aches
- Increased alcohol or drug use
- "Making Plans" to end one's life: giving away belongs, obtaining items that might kill oneself (medications, weapons)
- Threatening to commit suicide or expressing a desire to die

FOR SURVIVORS OF SUICIDE

The loss of a loved one is tragic and often seems unbearable. When a loved one commits suicide, the grief experience can be more complex than that of normal grief and loss. Survivors of suicide experience a variety of intense emotions. These feelings may come and go, with no discernible pattern, and sometimes it may seem as if they will never relent. Some of these emotions may include:

- Shock: Disbelief and emotional numbness, as though the suicide didn't really happen.
- Anger: With the deceased, or with self and others for not preventing the suicide.
- Guilt: Wondering "What if?" or thinking of ways that they could have prevented the suicide. This commonly leads to self-blame for the loss.
- Despair: Overwhelming sadness, depression or hopelessness. These symptoms might manifest physically as well.

Other possible reactions include: nightmares, flashbacks, difficulty concentrating, social withdrawal and loss of interest in normal activities.

If you are a Survivor of Suicide

- Reach out to your loved ones for support. Surround yourself with friends and family who will listen when you need to talk offer a comforting presence when you need quiet.
- Give yourself time. Healing takes time – sometimes a long time.
- Don't rush your healing process, or let others rush it for you.
- Know that some days will be better than others, even years later.
- Consider a support group for survivors of suicide. Having support from others who know what you're experiencing can be very helpful.

If your grief is intense, unrelenting or leads to physical problems, consider speaking with your doctor or a mental health provider **especially if you begin to feel suicidal or intensely depressed.**

*See also Death Investigations for information about TCSO's response to death cases.

Available Resources

Suicide Prevention Lines:

1 (800) SUICIDE
(1-800-784-2433)

Military Veterans Suicide Hotline:
1 (800) 273-TALK (Press 1)

1 (800) 273-TALK
(1-800-273-8255)

Suicide Hotline En Espanol:
1 (800) 273-TALK (Press 2)

Text Telephone:
1 (800) 799-4TTY
(1-800-799-4889)

LGBT Youth Suicide Hotline:
1 (866) 4-U-TREVOR

Austin/Travis County Crisis Response:

TCSO Crisis Intervention Team: (512) 854-3445
APD Crisis Intervention Team: (512) 854-3450

Austin Travis County Integral Care Services (ATCIC – formerly MHMR) &
Psychiatric Emergency Services (PES)*
1631 E. 2nd St., Austin, TX 78702
(512) 472-4357 ext. 4 Main Intake for all ATCIC Services (472-HELP)
www.integralcare.org

PES is the one intake facility for ALL ATCIC/MHMR services in Travis County.

PES is a walk-in psychiatric emergency service clinic open 24/7 and is staffed by licensed clinicians, psychiatrists, nurses, and qualified mental health professionals. PES provides psychiatric assessment, crisis intervention, linkage with resources, and physician services to children/youth and adults experiencing psychiatric distress. PES works like the 24/7 Crisis Hotline, in that it is where individuals can go for an initial assessment for services. PES staff works closely with other ATCIC programs, local emergency rooms, and the Crisis Intervention Teams (CIT) of Austin Police Department and Travis County Sheriff's Department.

Inpatient Psychiatric Hospitals

Seton Shoal Creek Hospital (private hospital) (512) 324-2000
Adult and adolescent psychiatric services
3501 Mills Avenue, Austin, TX 78731

Austin Lakes Hospital (Private hospital) (512) 544-5253
Adult psychiatric services
1025 East 32nd Street, Austin, TX 78705

Austin State Hospital (State funded and managed) (512) 452-0381
Adult and adolescent psychiatric services
4110 Guadalupe Street, Austin, TX 78751

Outpatient Services

Austin Travis County Integral Care Services (ATCIC: formerly MHMR) (512) 472-4357 x 4
1631 E. 2nd St., Austin, TX 78702

Lone Star Circle of Care (512) 524-9273 Main
(877) 800-5722 Toll Free (877)800-LSCC
Psychiatry and Behavioral Health Services
3950 N. A.W. Grimes Boulevard Suite N102
Round Rock, TX 78665
www.lscctx.org

Hill Country Counseling Center (512) 491-8444 Main
1433 Fairfield Dr., Austin, TX 78758
www.hillcountrycmhc.com

Seton Shoal Creek Hospital - Outpatient Assessment and Referral: (512) 324-2039

Resources for Survivors

For the Love of Christi: (512) 467-2600
www.fortheloveofchristi.org
Grief Support Agency

My Healing Place: (512) 472-7878
www.myhealingplace.org
Grief Support Agency

Hospice Austin: (512) 342-4700
www.hospiceaustin.org

Provides free brief counseling and support groups to anyone who has lost a loved one due to death

Helpful Websites

American Foundation for Suicide Prevention	www.afsp.org
Survivors of Suicide	www.survivorsof suicide.com
Suicide Awareness Voices of Education	www.save.org
National Institute of Mental Health	www.nimh.nih.gov/index.shtml
National Alliance on Mental Illness - Austin	www.nami.org/MSTemplate.cfm?Site=NAMI_Austin
Suicide Prevention Resource Center	www.sprc.org/stateinformation/statepages/showstate.asp?stateID=43
National Suicide Prevention Lifeline	www.suicidepreventionlifeline.org

Parts of 'Risk Factors' and 'Warning Signs' used with permission, obtained on January 27, 2011 from the National Institute of Mental Health website: <http://www.nimh.nih.gov>. *Neither TCSO nor the information presented on this web site are endorsed by the State of Texas or any state agency.