

Suicide Prevention

Help is Available

Early Warning Signs of Suicide



If a person **TALKS** about...

- I'm a burden
- It's hopeless
- Everything is hopeless
- I can't take it anymore
- I have no reason to live

Display one or more of the following **MOODS**...



- Intense sadness
- Apathy
- Irritability/Agitation
- Hopelessness
- Sudden sense of calm and happiness

Look out for drastic change of **BEHAVIORS**...



- Unusual focus on death, dying, or violence
- Looking for ways to kill themselves
- Withdrawing from activities
- Increasing risky behaviors
- Giving away prized possessions
- Posting dark message on social media

How do I Intervene?

If in doubt, **don't wait, ask the question**

- e.g. I have been feeling concerned about you lately
- Are you thinking about killing yourself?
- How can I best support you?

If the person is reluctant, be **persistent**

Talk to the person alone in a **private area**

Be **respectful** and **non-judgmental**

Allow the person to **talk freely**

Give yourself **plenty of time**

Have your **resources** handy; phone numbers, counselor's name and any other information that might help

24/7 Emergency Contacts

Rice University:

Rice University Police/EMS: (713) 348-6000

Rice Counseling Center: (713) 348-3311

Houston, Texas:

Houston Police Department: 911/ (713) 884-3131

Crisis Intervention Houston: (832) 416-1177

Mobile Crisis Outreach Team: (713) 970-7000, press #1

HPD Mental Health Unit: (713) 970-4664

The Montrose Center LGBT Switchboard: (713) 529-3211



National:

Crisis Text Line text "HOME" to 741-741

Crisis Text Line for Students of Color
text "STEVE" 741-741

National Suicide & Crisis Lifeline: 988

The Trevor Project, LGBTQ Youth Crisis Line:
1-866-488-7386 or text "START" to 678678

The TransLifeline: (877) 565-8860

International:

International Association for Suicide Prevention