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
Wellbeing and 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 Prevention Lifeline: 1-800-273-TALK (8255)
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