



SUICIDE PREVENTION

Suicide affects more than just the person who dies. Suicide shatters the lives of the people who are close to the person. Taking action can actually help to prevent someone from taking their own life. Here is some very useful information about the warnings signs of possible suicide as well as things that you can do when you see these warning signs.

Warning signs of suicidal behaviors

- Talking about wanting to die; feeling hopeless, trapped, or in unbearable pain; being a burden to others.
- Looking for a way to kill oneself.
- Increasing the use of alcohol or drugs.
- Acting anxious, agitated, or reckless.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

What you can do

If you believe someone is at risk of suicide.

- Ask them if they are thinking about killing themselves. (This will not put the idea into their heads, or make it more likely, that they will attempt suicide).
- Call the U.S. National Suicide Prevention Lifeline at 1-800-273-TALK (8255).
- Take the person to an emergency room or seek help from a medical or mental health professional.
- Remove any objects that could be used in a suicide attempt.
- If possible, do not leave the person alone.

If you need further help, go to the National Suicide Prevention Lifeline website (<http://www.suicidepreventionlifeline.org/>) or call 1-800-273-Talk (8255).

You can also call Driscoll Health Plan's Behavioral Health Crisis Hotline 24hrs/7days a week.

STAR Kids Nueces: 1-888-215-0585
STAR Kids Hidalgo: 1-888-215-0596
STAR Nueces: 1-888-244-4142
STAR Hidalgo: 1-888-423-0264
CHIP: 1-877-330-3312