On average, one person dies by suicide every three hours in the state.

Suicide is the 11th leading cause of death overall in Texas.

Suicide cost Texas a total of $3,516,245,000 of combined lifetime medical and work loss cost in 2010, or an average of $1,216,273 per suicide death.

IN TEXAS, SUICIDE IS THE...

- 2nd leading cause of death for ages 15-34
- 3rd leading cause of death for ages 10-14
- 4th leading cause of death for ages 35-44
- 5th leading cause of death for ages 45-54
- 10th leading cause of death for ages 55-64
- 16th leading cause of death for ages 65 & older

More than twice as many people die by suicide in Texas annually than by homicide; the total deaths to suicide reflect a total of 72,622 years of potential life lost (YPLL) before age 65.

Based on most recent 2015 data from CDC. Learn more at afsp.org/statistics.
SUICIDE PREVENTION PROGRAMS AND INITIATIVES

- The Texas Suicide Prevention Council (TSPC) is a public-private coalition composed of local suicide prevention coalitions and statewide agencies, including Mental Health America of Texas and the Texas Department of State Health Services, to implement the Texas State Plan for Suicide Prevention.

- TSPC developed and maintains a website on suicide prevention, intervention, and postvention (http://www.texassuicideprevention.org/); facilitates suicide prevention trainings; distributes suicide prevention toolkits; and coordinates committees and 19 community coalitions for the implementation of the state plan.

- The Texas Department of State Health Services Suicide Prevention Homepage can be found at http://www.dshs.state.tx.us/mhsa/suicide/Suicide-Prevention.aspx.

- The Texas State Plan for Suicide Prevention was last updated in 2014 and is accessible at http://www.sprc.org/sites/default/files/TxStatePlanSuicidePrevention2014_ADA%20FINAL.pdf.

- Texas law (SB 460, adopted in 2013) requires that minimum academic qualifications for certified educators also require instruction in the detection of students with mental or emotional disorders, and requires that school districts provide at least a one-time training for teachers, counselors, principals, and other appropriate personnel to learn to recognize students at risk for suicide or in need of early mental health intervention.

- Texas law (HB 1386, adopted in 2011) encourages school districts to develop suicide prevention plans, and requires that the Texas Department of State Health Services and the Texas Education Agency develop a list of best practices programs and deliver this list to school districts.

GET INVOLVED

Four AFSP Chapters serve communities across Texas. For more information or to volunteer, please contact:

- AFSP – CENTRAL TEXAS
centralTX@afsp.org
- AFSP – NORTH TEXAS
northTX@afsp.org
- AFSP – SOUTH TEXAS
stexas@afsp.org
- AFSP – SOUTHEAST TEXAS
southeastTX@afsp.org

BECOME AN ADVOCATE IN TEXAS

AFSP’s Texas advocacy volunteers build relationships with public officials and advocate on behalf of sound suicide prevention policy.

To get involved, contact:
Nicole Gibson
Director of State Policy & Grassroots Advocacy
ngibson@afsp.org

SUICIDE: TEXAS 2017 FACTS & FIGURES

LEADING THE FIGHT AGAINST SUICIDE

We fund research, offer educational programs, advocate for public policy and support those affected by suicide. Headquartered in New York, AFSP has local chapters in all 50 states.
This sheet lists a selection of websites and online information sheets that have suicide prevention resources for parents, guardians, and other family members. The resources provide guidance on talking with your child if you think he or she may be at risk for suicide and on coping with a suicide attempt or death. A few of the resources also discuss how you can take action at the school and community levels to prevent suicide.

**Websites**

**Jason Foundation Parent Resource Program**

This website contains basic information about suicide and how you as a parent or guardian can help prevent youth suicide. It also has a video of a parent and community seminar that includes basic information on suicide and provides awareness and suicide prevention strategies for parents and other adults.

**Maine Youth Suicide Prevention Program**
http://www.maine.gov/suicide/parents/index.htm
(Look at both the center of the webpage and the links in the left sidebar.)

This website includes a parent-specific section with a number of information sheets that cover basic information on suicide prevention, common reactions to youth suicide, talking with your child, and coping after a suicide attempt or death.

**Society for the Prevention of Teen Suicide**
Parent Section: http://www.sptsusa.org/parents/

This website’s parent section provides information to help you talk with your teens about suicide or the death of a friend by suicide. It includes a link to the video Not My Kid: What Every Parent Should Know, which features eight parents from culturally diverse backgrounds asking two experts common questions about youth suicide.

**National Suicide Prevention Lifeline**
1–800–273–TALK (8255)

The Lifeline is a 24-hour toll-free phone line for people in suicidal crisis or emotional distress. An online chat option is available at http://www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx
Information Sheets

Cómo pueden los padres OBSERVAR ESCUCHAR AYUDAR (How Parents Can LOOK LISTEN AND HELP: Youth Suicide Is Preventable)

Oregon Youth Suicide Prevention Program
https://public.health.oregon.gov/PreventionWellness/SafeLiving/SuicidePrevention/Pages/espllh.aspx

This Spanish-language webpage discusses your role as a parent in recognizing changes in your child’s behavior that may indicate he or she is at risk of depression or suicide. It also outlines how you can intervene to prevent a crisis and obtain help. This information can be downloaded as a brochure, and an English-language version can be ordered by e-mail.

National Association of School Psychologists
Preventing Youth Suicide—Tips for Parents and Educators

This webpage describes the risk and resiliency factors related to suicide, warning signs of suicide, ways to respond, and the role of the school in suicide prevention.

Suicide Prevention: Facts for Parents

This information sheet focuses on suicide among high school students and how parents and high schools can help prevent it.

For information on suicide prevention activities in your state, see SPRC’s list of state contacts at http://www.sprc.org/states/all/contacts.

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Suicide Prevention Resource Center
Web: http://www.sprc.org | E-mail: info@sprc.org | Phone: 877-GET-SPRC (438–7772)
Suicide Prevention Resources for Teens

This sheet contains a list of websites with suicide prevention resources for teens—for those who may be at risk for suicide and those who have friends who may be at risk. These websites all have fact sheets, and some have videos, stories written by teens, and text and online chat options.

Crisis Text Line
http://www.crisistextline.org/
Crisis Text Line provides free emotional support and information to teens in any type of crisis, including feeling suicidal. You can text with a trained specialist 24 hours a day. Text “HOME” to 741741.

Maine Teen Suicide Prevention
http://maine.gov/suicide/youth/index.htm
This website speaks directly to teens. It has information about suicide prevention and related topics, how to get help for yourself and others, stories by teens about their experiences, and a quiz on information about suicide.

Society for the Prevention of Teen Suicide
Teen Section: http://www.sptsusa.org/teens/
This website has a teen section where you can find information to help yourself or a friend who may be having suicidal thoughts. You can also find information on how to cope if a friend dies by suicide.

Trevor Project
http://www.thetrevorproject.org/
The Trevor Project provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth ages 13–24. Its website has information about the signs of suicide and a way to connect online with other LGBTQ youth. The Trevor Helpline is a 24-hour toll-free suicide hotline at 1-866-488-7386. TrevorChat is for online crisis chat 6 hours a day at www.thetrevorproject.org/chat. Trevor Text is for texting on Fridays late afternoon to early evening. Text “Trevor” to 202-304-1200.

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
The Lifeline is a 24-hour toll-free phone line for people in suicidal crisis or emotional distress. An online chat option is available at http://www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx
Your Life Your Voice from Boys Town Hotline
http://www.yourlifeyourvoice.org

Your Life Your Voice is for pre-teens, teens, and young adults who are in crisis or feeling overwhelmed. The website has information sheets with tips for handling difficult situations. The hotline is toll free and open 24 hours a day. You can call, text, chat, or e-mail. Call 1-800-448-3000 or text "VOICE" to 20121.

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Web: http://www.sprc.org | E-mail: info@sprc.org | Phone: 877-GET-SPRC (438-7772)