

Think you are all alone? You're not the only one.



Suicide is the second-leading cause of death among people age 15 to 24 in the U.S. Nearly 20% of high school students report serious thoughts of suicide and 9% have made an attempt to take their lives, according to the National Alliance on Mental Illness.



If you or someone you know is experiencing suicidal thoughts, there are many local, state and national support lines to help.

<<< Learn the Warning Signs

Need Support?

Local Support:

Call 806-244-5668
to set up a counseling
appointment.

Email dept_bh@dhchd.org
for support anytime.

State & National Support:

Call, text or chat 988 to
contact trained counselors
with the National Suicide
Prevention network.

Call 1-800-692-4039 to
reach the Texas Panhandle
Crisis Line.

**Call 911 for
Emergencies**

Warning Signs of Suicide

Something to look out for when concerned that a person may be suicidal is changes in behavior or the presence of entirely new behaviors. This is of sharpest concern if the new or changed behavior is related to a painful event, loss or change. Most people who take their lives exhibit one or more warning signs, either through what they say or what they do.

Talk

If the person talks about:

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain

Behavior

Behaviors that may signal risk, especially if related to a painful event, loss or change:

- Increased use of alcohol or drugs
- Looking for a way to end their lives, such as searching for methods online
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression
- Fatigue

Mood

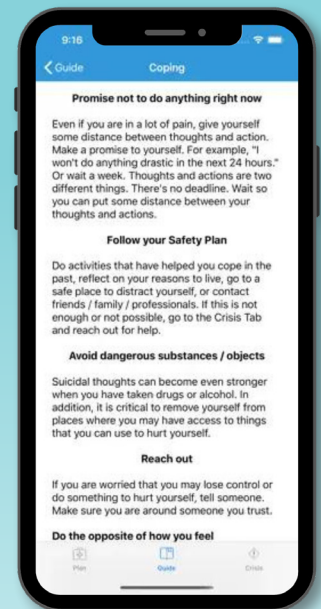
People who are considering suicide often display one or more of the following moods:

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation/Shame
- Agitation/Anger
- Relief/Sudden Improvement

Dealing with suicidal thoughts?

A safety plan can help you cope and keep safe.

Download the Suicide Safety Plan App from the Apple Store or Google Play.



How can you help others?

Acknowledge any concerns they may have about their emotions.

Care: Show them how much you care by listening and taking their concerns.

Tell: Make yourself available as a safe person they can tell about big problems.