

When You Are Worried or “Not Sure”

- Be aware and watchful for warning signs.
- Become available; show interest and support
- Stay calm.
- Call the National Suicide Prevention Lifeline 1(800)273-8255.

What To Say...

“I’m here, You Are Not Alone.”

“I care about you.”

“Are you having thoughts of suicide?”

What Not to Say...

“Your life is not that bad.”

“Would you really hurt me like that.”

“Suicide is selfish, suicide is cowardly.”

“You don’t mean that.”

“Things could be worse.”

“Other people have it worse and they don’t want to die.”

“You will go to hell if you die by suicide.”

How to Help?

- Remove lethal means, such as guns or stock piled pills.
- Get help by reaching out to someone you trust (teacher, counselor, family member).
- When no longer in immediate risk, help them make an appointment to see a mental health professional as soon as possible.
- Do not leave the person alone until the risk has dissipated.
- Continue to check in with the person regularly.

Get Connected

Know Your Resources

Coastal Plains Integrated Health

Crisis Hotline
1-800-841-6467

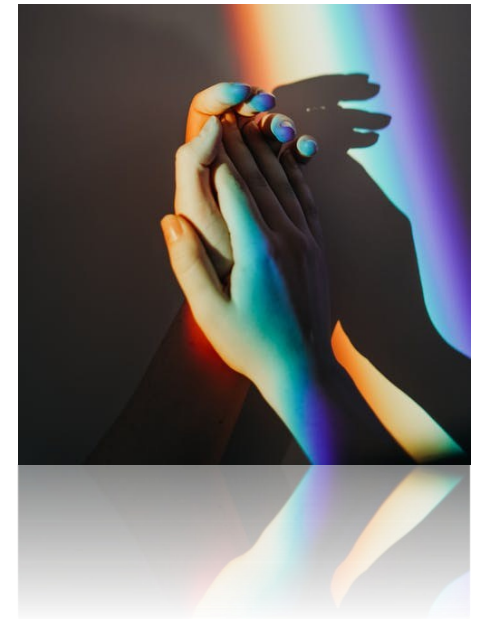
**National Suicide
Prevention Lifeline:**
988

Crisis Text Line
Text Home to
741-741

Trevor lifeline:
1-866-488-7386



Suicide Facts and LGBTQ Youth

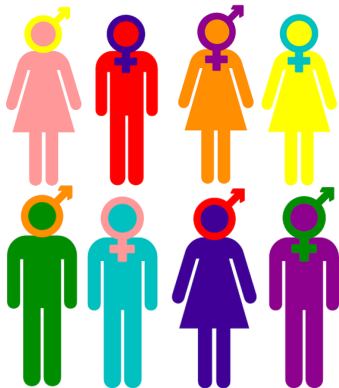


Statistics

In Texas, a person dies by suicide approximately every two hours. According to the CDC, suicide rates in Texas have increased 18.9 percent since 1999. This increase has led to suicide becoming the second leading cause of death for individuals 15-34 years old as well as the tenth leading cause of death across all age groups.

The CDC's Youth Risk Behavior Surveillance System reported 15 percent of heterosexual high school students thought about suicide in the past year while 43 percent of gay, lesbian, and bisexual students also thought about suicide. Similarly, while 6 percent of heterosexual students reported a suicide attempt in the past year, the incidence rose to 29 percent amongst gay, lesbian, and bisexual students.

To make matters worse, transgender youth are at a particularly high risk for suicide. A recent study reported 51 percent of transgender males and 30 percent of transgender females (ages 11-19) attempted suicide at least once in their lifetime.



Risk Factors

- Unsafe School
- Rejection/abuse from family
- Victimization or bullying
- Previous Attempt(s)
- Exposure to suicide loss

LGBTQ Youth Experience:

- Bullying
- Family Rejection
- Hostile Climate (Community)

Which Can Lead To:

- Homelessness
- Health Issues
- Victimization and Trafficking
- Suicide

Protective Factors

Parent or Caregiver behavior that helps can include:

- Talk to your child about their LGBTQ identity.
- Express affection when you learn your child is LGB and/or T.
- Advocate for child when they are mistreated because of their identity.
- Bring your child to LGBTQ+ events.
- Connect your child with LGBTQ+ role models.
- Welcome your child's LGBT friends and partners into your home.
- Believe that your child can have a happy future.

More Factors

- Family Connectedness
- Family acceptance
- Caring Adult
- Safe Schools
- High Self Esteem
- Positive Role Models

Warning Signs

- Talking about feeling trapped or in unbearable pain
- Talking about being a burden
- Increasing the use of drugs or alcohol
- Acting anxious or agitated: behaving recklessly
- Sleeping too much or little
- Withdrawing or isolating
- Showing rage or talking about seeking revenge
- Displaying extreme Mood Swings

Signs of Suicide Crisis

- Talking of Wanting to die or to kill themselves
- Seeking the means to kill themselves such as weapons, or medications
- Talking about feeling no reason to lie.

If you or someone you know is experiencing thoughts of suicide call your local crisis hotline or other resources.

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1-800-841-6467