

# September is Suicide Prevention Month

On average there are  
132 suicides per day.\*



**Family Houston  
is here to help.**



According to the CDC, suicide is a serious public health matter that can have long-lasting effects on individuals, families, and communities. We can become more resilient and protected against suicide by learning the warning signs and promoting prevention.

## KNOW THE SIGNS

Learn about behaviors that may be a sign that someone is in crisis or thinking about suicide.



- Changes within personality
- Changes within behavioral patterns (grades, work, relationships, social settings, etc.)
- Consumption of substances
- Excessive, persistent melancholy talk (identifying most parts of life to be depressive)
- History of suicidal ideation/attempts
- Trouble with socialization
- Notation of morbid thoughts
- Disguising true feelings within jokes

Help is available. Speak with someone.

## 988 Suicide and Crisis Lifeline

Providing 24/7 free and confidential support.

## GET SUPPORT

If you or someone you know is in active crisis, please reach out to one of the crisis lines below:

**National Suicide Prevention Lifeline:** 988

**Houston Crisis Hotline:** (866) 970-4770

**Houston Teen Crisis Hotline:** (832) 416-1199

**The Trevor Project, LGBTQ Crisis Hotline:** (866) 488-7386

**Text:** TALK to 741741

**Live Chat:** 988lifeline.org



*Family Houston aims to create a stronger community for tomorrow by helping individuals and families meet the challenges they face today. We provide services in three key areas: Mental Health Counseling, Financial Stability, and Community Support Services. Our Mental Health Counselors provide professional counseling for children and adults, individuals and families in English & Espanol. Learn more about our services at [www.FamilyHouston.org](http://www.FamilyHouston.org).*