

# Suicide Prevention/ Mental Health Resources



## Behavioral Health & Suicide Prevention Community Task Force

The BHSP Community Task Force exists to raise awareness about behavioral health and suicide through education, prevention and connections. Their mission is to connect our community with mental health resources.

[communityhelp.org](http://communityhelp.org)

## Are you concerned about your child?

### Help is available:

**988** SUICIDE & CRISIS  
LIFELINE

## CALL or TEXT 988

### SUICIDE AND CRISIS LIFELINE

Text HELLO to 741741 from anywhere in the United States, anytime for any crisis. A live, trained Crisis Counselor receives the text and responds, all from a secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.



## CALL 911

IMMEDIATE EMERGENCY ASSISTANCE

# YOU ARE NOT ALONE



## SUICIDE PREVENTION

### WHAT EVERY PARENT & CAREGIVER NEEDS TO KNOW:

Warning Signs  
What to do  
Resources



# WARNING SIGNS

Suicide is a reality for today's youth - even those that come from good homes. It's not about parenting skills. Our children are growing up with stresses and suicidal risk factors that parents never faced growing up.

Our children's brains are still developing, and sometimes they do not think situations through before taking action. Sometimes, a "break-up" or a bad grade can lead an adolescent to suicidal thoughts ... and sometimes it's more complex than that. Never dismiss your child's warning signs. Take all threats as a signs that your child needs help.

Below are examples of signs that your child may be at risk:

- **Change in sleeping/ eating habits**
- **Loss of interest in usual activities, such as school or work**
- **Withdrawal from family and friends**
- **Feeling hopeless, not experiencing joy**
- **Sudden change in behavior - may begin acting out, running away**
- **Drug and/ or alcohol abuse**
- **Anxiety/ agitation**
- **Giving possessions away**
- **Decreased self care**

If you notice your child showing characteristics of any of these signs, trust your gut. It is time to take action and get them help.

For more WARNING SIGNS/ RISK FACTORS :



# WHAT TO DO?

## LISTEN

Provide your full, non-judgemental attention and avoid interrupting.

## ASK

Don't be afraid to ask the person about how they are feeling/ thoughts of harming themselves. Be direct.

Watch this video about how to talk to your child about suicidal thoughts:



## OFFER HELP

Tell them what they are experiencing is treatable and that suicidal feelings are TEMPORARY.

## KEEP THEM SAFE

Stay with them until they are safe. Ask if they have thoughts about how they may harm themselves and remove means.

## SEEK HELP

Your family doctor may be a good starting point for finding mental health providers who works with children and youth, but don't wait. Make sure your doctor understands the concern is about suicide risk.

## CALL or TEXT "HELLO" TO 988

### Suicide & Crisis LIFELINE

A live, trained Crisis Counselor receives the text and will help you move from a hot moment to a cool moment.

# ARE THEY IN IMMEDIATE DANGER?

If you are worried that your child is at immediate risk of self-harm, call your local mental health crisis support team, or go to your local emergency department.

## CALL 911 EMERGENCY ASSISTANCE

### Montgomery County Constables CRISIS Intervention Team

Call the Crisis Intervention Team for immediate mental health crisis situations. A Montgomery County Pct. 1 Constable who has been trained in mental health crisis first aid will arrive in an unmarked vehicle and immediately assist with crisis intervention.

**936-539-7821**

### Tri-County Behavioral Health Care

Crisis services are provided to individuals ages 4 and above who are currently located in Walker, Liberty, or Montgomery County who are experiencing a mental health emergency; an acute disturbance of behavior, thought, or mood which if left untreated, would likely lead to harm to either the individual or to others.

**1-800-659-6994**