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www.texasuicideprevention.org

Wednesday - April, 13 2011



National Suicide Prevention Lifeline

Are you in crisis? Please call 1-800-273-TALK (8255)

Are you feeling desperate, alone or hopeless? Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), a free, 24-hour hotline available to anyone in suicidal crisis or emotional distress. Your call will be routed to the nearest crisis center to you.

Red Nacional de Prevención del Suicidio

Cuando usted llama al número 1-888-628-9454, su llamada se dirige al centro de ayuda de nuestra red disponible más cercano.

For Hearing and Speech Impaired with TTY Equipment: 1-800-799-4TTY (4889)

Welcome to the Texas Suicide Prevention eNews

This newsletter covers suicide prevention efforts in Texas and the nation, keeping you up-to-date on policy issues and educational opportunities. The newsletter is part of a statewide public awareness effort of the Texas Youth Suicide Prevention Project, funded by the Texas Department of State Health Services and the Substance Abuse and Mental Health Administration, under the Garrett Lee Smith Memorial

Texas Suicide Prevention Symposium June 16, San Marcos

2011 Texas Suicide Prevention Symposium Sells Out

The 2011 Texas Suicide Prevention Symposium: Coming Together to Care has sold out. To date, there are 700 registrants and over 200 on a waiting list for event on June 16, 2011 in San Marcos. Participants include mental health professionals, survivors, police, juvenile probation, schools, universities and community colleges, community advocates, foundations and others.

Featured speakers are Thomas Joiner, PhD, Florida State University; Christopher Gandin Le, MA, Emotion Technology, Austin; Scott Poland, EdD, Nova Southeastern University, Ft. Lauderdale; Alex E. Crosby, MD, Centers for Disease Control, Atlanta; Thomas E. Ellis, PsyD, The Menninger Clinic and Baylor College of Medicine, Houston; and Craig J. Bryan, PsyD, University of Texas Health Science Center at San Antonio.

The Texas Suicide Prevention Council wishes to extend appreciation to the symposium underwriters: Texas Department of State Health Services, Title V Child and Family Services and the Youth Suicide Prevention Project and Mental Health America of Texas.

To help in future planning you may register for the Wait List at <http://texasuicidepreventionsymposium.eventbrite.com>

For questions, contact Mary Ellen Nudd, menudd@mhatexas.org

LGBT Resource

Suicides linked to anti-LGBT (lesbian, gay, bisexual, and transgender) bullying last year focused national attention on the needs of LGBT youth. The Centers for Disease Control has launched a new web-site focused on the health needs of these young people, with specific suggestions for schools and parents, useful background information, and links to valuable resources. <http://www.cdc.gov/lgbthealth/youth.htm>

“At-Risk for Texas High School Educators” Online Training for Suicide Prevention

Mental Health America of Texas, with support from the Texas Department of State Health Services, has launched a new online training to help stop teen suicides. This one-hour training, suitable for high school inservice programs, is approved by the Texas Education Agency for CPE credit and is listed in the best practices registry of the Suicide Prevention Resource Center. Over 500 educators in Texas have taken the training and 96% would recommend it to a colleague. The one-hour training will

Act.

We look forward to hearing from you about your suicide prevention efforts in schools, universities, communities and agencies.

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[Visit Texas Suicide Prevention](#)

symptoms of psychological distress and have the confidence to take appropriate action, such as a referral to the school counselor. *This training is open to those affiliated with Texas public high schools. If you have a special request, please contact Mary Ellen Nudd,*

menudd@mhatexas.org.

[Open an Account and Access the Training](#)
School outreach materials

National Action Alliance for Suicide Prevention – new website

www.ActionAllianceforSuicidePrevention.org

Come take a look at the new website from the public-private partnership addressing the preventable public health problem of suicide. It offers the latest news and information about the Action Alliance to the general public, suicide prevention community, media, policymakers, and other key stakeholders in suicide prevention.

For more information

<http://www2.sprc.org/sites/sprc.org/files/AtRiskHighSchool.pdf>

Looking Beyond Depression in College Students

A group of researchers from the University of Maryland and Johns Hopkins has recommended that college personnel “should not rely solely on depression screening tools to identify students at risk for suicide” since their study found that “suicide ideation occurs frequently in the absence of clinically significant depressive symptoms.” Although data analysis confirmed that depression is a major risk factor for suicide ideation among this population, the majority (60%) of the students with suicidal ideation did not exhibit symptoms of clinically significant depression. [Link to Abstract](#)

National Children's Mental Health Awareness Day Is May 3, 2011

Studies on the brain show that physical, emotional, or sexual abuse in childhood can cause permanent damage, reduce the size of parts of the brain, impact the way a child's brain copes with daily stress, and can result in enduring problems such as depression, anxiety, aggression, impulsiveness, delinquency, hyperactivity, and substance abuse. With help from families, providers, and the community, young children can demonstrate resilience when dealing with trauma. Learn more about the impact of trauma on childhood development and pass the information on to observe National Children's Mental Health Awareness Day. [Learn More](#)

Schools Often React Poorly to Student Suicides, Experts Say

Science Daily News, February 10, 2011

Many school officials react in exactly the wrong ways when one of their students completes suicide, according to the authors of a new book. While they may be well-intentioned, administrators who don't send the right messages may make copycat suicides more likely, and are not providing the help needed by others hurting from the tragedy. <http://www.sciencedaily.com/releases/2011/02/110209121659.htm>

New Resource for Foster Parents

greater risk of suicidal behavior. A new resource from the national Suicide Prevention Resource Center (SPRC) provides guidance for foster parents on recognizing and responding to warning signs, getting professional help, enhancing mental health, and more. Visit www.sprc.org and click on the Customized Information link in the right hand corner. Or link directly to http://www.sprc.org/featured_resources/customized/pdf/FosterParents.pdf



University of Texas at Austin students hold up signs to promote suicide prevention at a midnight walk in March. Photo by Peter Shugart.



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