

Texas Suicide Prevention

Know The Signs,
Save a Life



Are you in crisis or know someone who might be? Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255)

::: Latest News in Suicide Prevention :::

True Stories of Hope and Help: Videos Online Now

Mental Health America of Texas announces five short videos featuring youth and young adults from central Texas sharing their stories of hope and help. The videos are sponsored by the Texas Suicide Prevention Council and Mental Health America of Texas in partnership with the National Suicide Prevention Lifeline, and the Texas Department of State Health Services.

<http://www.mhatexas.org> or [YouTube](#)



The University of Texas at Austin Creates National College Student Suicide Listserv for Faculty and Staff

This national listserv serves as a tool for university personnel (be they staff or faculty members) who are working to prevent college student suicide on their campus. The purpose of this forum is to exchange ideas, promote discussion and generally improve the quality of suicide prevention programming on college campuses. For more information contact Marian Trattner, mtrattner@austin.utexas.edu

Montrose Counseling Center in Houston Receives Suicide Prevention Grant

The Substance Abuse and Mental Health Services Administration (SAMHSA) announced \$1.8 million in new one year grants to prevent suicide and prescription drug misuse by older adults in five communities. These grants are designed to enhance the array of behavioral health services offered by the programs receiving the grant awards. Montrose Counseling Center in Houston received \$356,344.

<http://www.samhsa.gov/newsroom/advisories/1109264411.aspx>

Free College and University Online Suicide Prevention Training Available in Texas

Interactive training for college/university students and faculty, is available in Texas through the Youth Suicide Prevention Project. To register your school for the training contact Valerie Kusler, valerie@mhatexas.org. Training for high school educators is also available at no charge. To link to the high school training go to www.mhatexas.org.

Eating Disorders and Suicide

Suicide is the dominant cause of death in eating disorder patients who die from non-natural causes. With suicide mortality rates among patients with anorexia nervosa and bulimia nervosa 23 times higher than that of the general population, this is an important topic for anyone who may know or encounter someone with an eating disorder. [Click here](#) to download the slides (link is at the bottom of the page) from the 2011 National Eating Disorders Association Conference session, by Melissa Freizinger, PhD and Caroline Balz, LMHC. Contact Valerie Kusler with any questions, valerie@mhatexas.org.

iPhone App for Suicide Prevention

The Texas Youth Suicide Prevention project announced a free App for iPhones and Anroid phones for suicide prevention. The app features the National Suicide Prevention Lifeline number, 1-800-273-8255, and other important prevention information. To download this app search for "suicide prevention" and look for "ASK."

SAMHSA Announces New Media and Suicide Prevention Blog

The New Media blog is a focal point for discussion about the uses of new media to advance the field of suicide prevention—to expand the usage of new media with the goal of saving lives. The blog will illuminate best practices, disseminate innovations, and inspire creativity. Please feel free to access the blog and post comments. The blog can be found at <http://newmediawhitepaper.wordpress.com>. If you have any questions contact Chrissy James at christina.james@samhsa.hhs.gov.

NIMH Needs Patients for Mental Health Disorders Research

<http://patientinfo.nimh.nih.gov/>

Bullying and Suicide

SPRC is pleased to announce the release of a new brief on suicide and bullying, available at: http://www.sprc.org/library/Suicide_Bullying_Issue_Brief.pdf

NIMH Suicide Prevention Information

You can find information about NIMH suicide prevention resources here: <http://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>

New CDC Report on Suicidal Thoughts and Behavior Among Adults

<http://www.cdc.gov/mmwr/preview/mmwrhtml/ss6013a1.htm?source=govdelivery>

Suicide Prevention and Research

NIMH researcher Dr. Jane Pearson talks about warning signs as well as progress in suicide prevention

<http://www.nimh.nih.gov/media/video/suicide-prevention-and-research.shtml>

DID YOU
KNOW



In Texas, Student Codes of Conduct must prohibit bullying and other harassing behaviors. The codes must be prominently displayed at each school or be made available at the principal's office. Tex. Education Code § 37.001. [Click here to learn more about Texas laws related to suicide prevention.](#)

⋮ Resources ⋮

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 Act. We look forward to hearing from you about your suicide prevention efforts in

schools, universities, communities and agencies.

Visit TexasSuicidePrevention.org for dozens of additional resources and links.

⋮⋮⋮ About Texas Suicide Prevention eNews ⋮⋮⋮

Mary Ellen Nudd
Director, Texas Youth Suicide Prevention Project
Mental Health America of Texas
menudd@mhatexas.org

Texas Suicide Prevention Co-Chairs
Margie Wright, margiew@scenter.org
Jennifer Battle, jennifer.battle@mhmraharris.org

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