

Suicide Prevention Plan

It's very helpful to have a safety plan ready before thoughts of suicide occur.

- **Make a plan for life.** Make a plan to stay alive and follow it—Seek Help!
- **Stay in contact with your doctor.** Always have your doctors' phone number with you, as well as a suicide hotline number, 713.468.5463.
- **Stay in contact with trusted friends.** Develop a list of phone numbers of those you trust and keep it with you.
- **Recognize symptoms for what they are.** Remember feelings are not facts. Suicidal feelings are not your fault and they are only a symptom of your illness.
- **Write down your thoughts.** Spend time each day writing down things and people that you appreciate and bring you joy. Refer to this when you feel low, sad, or suicidal. A mood tracker is helpful.
- **Connect with other people socially.** When you are feeling suicidal, don't be alone for long periods of time. Seek trusted friends.
- **Avoid drugs and alcohol.** Consumption of drugs and alcohol can lead to actions that could be very dangerous.
- **Know when it's best to go to the hospital.** Ask for help if you need it!
- **Understand your health coverage.** If you have insurance, call the number on the back of your card for providers.
- **Keep yourself safe.** Make sure you don't have access to guns or weapons.
- **Give yourself time** to get better.

Get the help you need! Your life is worth it.

Emergency Numbers

- Suicide Hotline
1.800.SUICIDE (784.2433)
- Crisis Intervention Houston
713.HOTLINE (468.5463)
- MHMRA 24 Hour Crisis Hotline
713.970.7000
- Mobile Crisis Outreach Team
713.970.7520
- Gay and Lesbian Switchboard Houston
713.529.3211
- HPD Mental Health Unit
713.970.4664
- Houston Police Department
713.884.3131

Helpful Resources in Houston

Psychiatric Hospital-Public (Uninsured)

- MHMRA Neuropsychiatric Center
Ben Taub Hospital
713.970.4600
- Harris County Psychiatric Center
713.741.5000

Psychiatric Hospital-Private (Insurance only)

- West Oaks Hospital
713.995.0909
- Methodist Hospital
713.790.3599
- Cypress Creek Hospital
281.586.7600

Depression and Bipolar Support Alliance (DBSA) Greater Houston

PO Box 27607 • Houston, Texas 77227
713.600.1131

For a complete list of groups, please visit our website
www.dbsahouston.org



Suicide Intervention and Prevention



Depression
and Bipolar
Support Alliance
Greater Houston

Providing free and confidential
support groups

Understanding Suicidal Thinking



Depression, Bipolar Disorder and Suicide

If depression or bipolar disorder affects you or someone you care about then it is important to know that mental disorders are treatable. Medication, psychotherapy, lifestyle changes and support from others can improve symptoms and help manage mental disorders.

The symptoms of depression and bipolar disorder may include feelings of intense sadness, hopelessness, quick changes in energy, drastic changes in appetite, changes in sleep patterns, inability to concentrate, decreased ability to perform one's usual tasks, loss of interest in activities, and thoughts of death or suicide.

- Mental disorders are not character flaws or signs of weakness.
- Mental disorders will not “go away” if a person has a “strong will” or “thinks positively.”
- Mental disorders are medical conditions caused by changes in the chemistry of the brain.

Suicide can be prevented with the right kind of treatment and support. The act of suicide is often a desperate attempt to control the symptoms of a mental disorder. During a severe depressive or manic episode, a person has little or no control over painful and disturbing thoughts and feelings.

Facts about Treatment

There are many different medications and therapies available for successful treatment.

- Finding the right treatment might take time. Different people respond differently to medication and therapy.
- Medication usually takes 4-6 weeks to reduce symptoms. Always check with your doctor about any changes in treatment.

Don't get discouraged if your symptoms come back. Talk to your doctor.

Are you Feeling Suicidal?

Discuss with your doctor if you are having suicidal thoughts. It is important to recognize these thoughts for what they are—expressions of a treatable medical illness. These thoughts are not true and they are not your fault. Don't let fear, shame or embarrassment stand in the way of communication with your physician, therapist, family, or friends—**tell someone right now.**

- Tell a trusted family member, friend, or other support person. Try not to be alone when you feel this way.
- Get help. Tell your doctor/therapist. Suicidal thinking can be treated. When suicidal thoughts occur, they are your signal that you need help.
- Know that you can get through this and learn to effectively manage your mental disorder.
- Promise yourself you will overcome these feelings for another day, hour or minute.



Warning Signs of Suicide

- **Unbearable feelings**—extreme feelings of hopelessness, despair, self-doubt.
- **Taking care of business**—making end of life plans, preparing wills, giving away valued possessions.
- **Rehearsing suicide**—discussing suicide methods, purchasing weapons or acquiring large quantities of medication.
- **Drug or alcohol use**—can cause impulsive behaviors.
- **Isolation**—cutting off social connections with friends, family, quitting job.
- **Sudden sense of calm**—a person who was recently feeling upset or hopeless suddenly seems very calm and settled. It might be a sign that he or she has decided on a plan to complete suicide.

Call the Crisis Hotline

1.800.784.2433

Suicidal thoughts are temporary. Suicide is permanent. Don't give in to suicidal thoughts — you can overcome them.