

IN A CRISIS?

Call - Text - Chat

CONNECT WITH A COUNSELOR

Suicide & Crisis Lifeline

Free & Confidential

9888

Available 24 Hours

YOUTH SUICIDE AWARENESS

47,511

Number of people
who lost their lives to
suicide in 2019

11.1

1 person dies by
suicide every 11.1
minutes

3.6x

Male suicide deaths
for every female
death by suicide

1.2 M

Number of suicide
attempts in 2018
(SAMHSA Study)

135

Number of people
affected by each
suicide death

40-50%

Of the population
have been exposed
to suicide in their
lifetime

SIGNS OF SUICIDE RISK

- Threatening to hurt or kill him/herself, or talking of wanting to do so.
- Looking for ways to kill him/herself by seeking access to firearms, pills or other means
- Talking or writing about death, dying or suicide, when these actions are out of the ordinary
- Increased alcohol or drug use
- No reason for living, no sense of purpose in life
- Anxiety, agitation, unable to sleep, or sleeping all the time
- Feeling trapped, like there's no way out
- Hopelessness
- Withdrawal from friends, family, and society
- Rage, uncontrolled anger, seeking revenge
- Acting reckless or engaging in risky activities, seemingly without thinking
- Dramatic mood changes
- Giving away prized possessions or seeking long-term care for pets



OUR MISSION STATEMENT

Prevention / Intervention of West Houston is an East Austin County group of volunteers dedicated to reach our community in creative ways, communicate the seriousness of the suicide epidemic and share the reality of hope with the end goal of saving lives.

For More Info Call 832-338-6060

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