

HB-19 NPMHP MONTHLY MEMO

ESC REGION 2, EDUCATIONAL RESOURCE CLINICIAN



SEPTEMBER

SUICIDE PREVENTION MONTH

U.S. Facts on Suicide 2019 Data

- Suicide is the nations **10th** leading cause of death
- Suicide is the **2nd** leading cause of death for 15-24 y/o
- The U.S. lost **47,511** individuals in 2019
- Firearms accounted for **50%** of the deaths
- An average of 1 person every **11.1 minutes** killed themselves (1 male every 14.1 minutes, 1 female every 51.3 minutes)
- **3 female** attempts **for every male** attempt
- **25 Attempts for every death** by suicide for the nation; 100-200:1 for young; 4:1 for older adults
- **534** children ages 5-14 y/o died by suicide
- **5954** adolescents/young adults ages 15-24 y/o died by suicide

Retrieved from
[American Association of Suicidology](https://www.aaspid.org/)

#BeThe1To

5 Action Steps to Assist Someone in a Suicidal Crisis

1. **Ask** - "Are you thinking about suicide?"
2. **Be There** - Show support to the individual at risk
3. **Keep Them Safe** - Find out more information to understand the severity of danger the individual is in
4. **Help Them Connect** - Support options may include 9-8-8, safety plans, or community mental health professionals
5. **Follow Up** - See how they're doing to establish a sense of connectedness and ongoing support



Have you heard of Texas Advancing Suicide Safer Schools Roadmap™?

This is a free planning guide that offers resources for *suicide prevention, intervention and postvention* planning for Texas schools and school districts.

Visit the Texas Suicide Prevention Collaborative [website](#) to learn more.





Resources On Suicide

There is a lot of information available on suicide and can become overwhelming to find a starting point. Here are a few sites that may be helpful to you, a family member, friend, or student.

- [American Association of Suicidology](#)
- [American Foundation for Suicide Prevention](#)
- [Center for Disease Control and Prevention](#)
- [Mental Health First Aid](#)
- [National Action Alliance for Suicide Prevention](#)
- [National Alliance on Mental Illness](#)
- [National Child Traumatic Stress Network](#)
- [Substance Abuse and Mental Health Services Administration](#)
- [Suicide Prevention Resource Center](#)
- [Texas Suicide Prevention Collaborative](#)
- [Veterans Crisis Line](#)

Meet A Community Resource:

MCOT

(MCOT) Mobile Crisis Outreach Team

MCOT provides crisis assessment and intervention services including follow-up and engagement to individuals experiencing mental health crises. Services are designed to reach individuals at their place of residence, school and/or other community-based safe locations, 24 hours per day, 365 days per year. The Mobile Crisis Outreach Team works to respond to crisis calls providing rapid community based intervention and linkage to resources including respite, intensive outpatient and inpatient services. Please be advised that each county has different crisis services. Check in with your local mental health authority to see what your county offers.

County Crisis Hotline Numbers:

- Nueces County:** 1-888-767-4493
- Aransas, Bee, Brooks, Duval, Jim Wells, Kenedy, Kleberg, Live Oak and San Patricio:** 1-800-841-6467
- McMullen County:** 1-800-543-5750

YOUTH MENTAL HEALTH FIRST AID FOR SCHOOL DISTRICT STAFF

NUECES COUNTY RESIDENTS
SEPTEMBER 30TH
CONTACT BRANDALYN HAGGERTY @ 361-561-8620

ARANSAS, BEE, BROOKS, DUVAL, JIM WELLS, KENEDY, KLEBERG, LIVE OAK AND SAN PATRICIO RESIDENTS
TO SCHEDULE A CLASS
CONTACT ANNETTE QUAM @ 361-777-3991

MCMULLEN RESIDENTS
TO SCHEDULE A CLASS
CONTACT SKYLAR WILLIAMS @ 210-357-0341

Register Here:



Visit the TEA best practice list that contains programs that meet all the requirements of TEC Sec. 38.351 for **Suicide Prevention, Intervention, and Postvention**



Contact Information

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