



Prevent Suicide and Support Texans' Mental Health

Suicide rates are increasing, and suicide is among the top five causes of death in Texas.¹ Preventing suicide must be a priority.²

Taking action to prevent suicide

Talk openly about mental health and suicide prevention to reduce the stigma and save lives.³

RISK FACTORS⁴

- ▶ Previous suicidal behavior
- ▶ Depression and substance/alcohol use disorder
- ▶ Sense of hopelessness
- ▶ Chronic pain
- ▶ Adverse childhood experiences (ACES)
- ▶ Historical trauma and discrimination

Utilize evidence-based strategies to reduce long-term effects of suicidal behavior.⁵

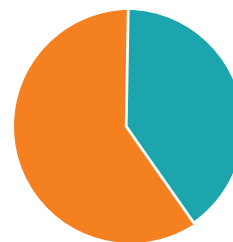
- ✓ Create **safe environments** by reducing access to lethal means and reducing substance use.
- ✓ Improve **access to care**:
 - Encourage health insurance plans to cover more mental health conditions
 - Increase availability of psychiatry and other behavioral health professionals
- ✓ Support **school-based health clinics and education programs**, which promote skill building to handle bullying and conflicts, problem solving, developing healthy peer relationships, and engaging in activities to prevent suicide and substance use.⁶
- ✓ **Offer trainings** to a wide range of professionals and community members so they can identify and respond to those at risk.
- ✓ **Prevent future risk**:
 - Intervene after suicidal behavior to support individuals, families, schools, and communities
 - Provide broad messaging about prevention
- ✓ Support and strengthen families' **financial security**

Texas Public Health Coalition Recommends:

- 1. Support and initiate school-based health clinics in Texas.**
- 2. Support training for best practices and primary care response to mental health conditions.**
- 3. Support high quality state mortality data that is accessible for suicide prevention researchers.**
- 4. Support access to telehealth services.** CPAN has been an excellent provider-to-provider tool to identify and treat behavioral health issues; continued funding will support access.
- 5. Support payment parity for behavioral health care delivered via telehealth.**

FIREARMS AND SUICIDE

U.S. Firearm Deaths
(Total: 45,222)



■ Suicide ■ Other

U.S. Suicide Deaths
(Total: 45,979)



■ Firearm Injury ■ Other

Source: Centers for Disease Control and Prevention (CDC)

Fewer than one in 10 individuals who present to health care services for deliberate self-harm later die by suicide. Suicide is preventable.

1 <https://dshs.texas.gov/chs/vstat/vs14/t17.aspx>

2 <https://www.cdc.gov/suicide/pdf/preventionresourceinfographic.pdf>

3 <https://www.hhs.texas.gov/services/mental-health-substance-use/mental-health-crisis-services/suicide-prevention>

4 <https://www.cdc.gov/suicide/pdf/preventionresourceinfographic.pdf>

5 <https://www.cdc.gov/suicide/pdf/preventionresource.pdf>

6 <https://youth.gov/youth-topics/youth-mental-health/school-based>

Support evidence-based models that improve behavioral health care delivery:

- ✓ **Integrative Behavioral Health (IBH):** A care model that includes primary care, psychiatrists, psychologists, social workers, case managers, and other specialists in the same setting to meet patients' needs and treatment goals.⁷
- ✓ **Collaborative Care Model:** A type of integrated care with primary care, behavioral health managers, and psychiatric consultants using patient registries and measurement to improve treatment. This is effective in reducing depression and suicidal thoughts.⁸
- ✓ **Telehealth:** A proven care option that distributes behavioral health support to more Texans. Among telehealth's benefits, it can:^{9,10}
 - Expand access to care via telemedicine without replacing conventional care.
 - Increase timeliness of care, potentially mitigating more costly crisis interventions.
 - Leverage audio, video, text, and remote monitoring data to ensure accurate information is available.
 - Provide direct (e.g., transportation) and indirect (e.g., time away from work or school) cost savings.
 - Expand impact and reach of integrative and collaborative care models.
- ✓ **Child Psychiatric Access Network (CPAN) & Perinatal Psychiatric Access Network (PeriPAN):**
 - CPAN, a trusted and free resource among Texas pediatric clinicians, offers provider-to-provider telephone consultations for general questions, care coordination, and training to assist with identifying and treating mental and behavioral health issues.¹¹
 - PeriPAN, a pilot expansion of the CPAN, is a hotline for clinician-to-clinician consultation for providers serving pregnant women and new mothers experiencing mental health distress.¹²
- ✓ **Texas Child Health Access Through Telemedicine (TCHATT):** Telehealth programs to help school districts identify and assess students' behavioral health needs and provide access to mental health services.¹³

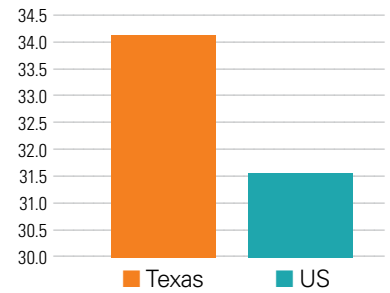
Suicide Prevention Information and Resources

- Responsible reporting (media guidelines for discussing suicide): www.datocms-assets.com/12810/1577098761-recommendations.pdf
- American Foundation for Suicide Prevention (AFSP) policy recommendations: afsp.org/public-policy-priorities
- AFSP risk factors and warning signs: afsp.org/risk-factors-protective-factors-and-warning-signs
- AFSP suicide statistics: afsp.org/suicide-statistics
- AFSP after a suicide school toolkit: afsp.org/after-a-suicide-a-toolkit-for-schools
- **988 Suicide and Crisis Lifeline:** a new telephone code that provides 24/7, free and confidential support to people in suicidal crisis or emotional distress (<https://www.samhsa.gov/find-help/988>)
- **Mental Health First Aid (MHFA):** hhs.texas.gov/about/process-improvement/improving-services-texans/behavioral-health-services/mental-health-first-aid

For a list of Texas Public Health Coalition members, please visit the [TPHC website](#).

CURRENT STATE OF MENTAL HEALTH IN TEXAS

Adults with Anxiety, Depression Symptoms



Source: Kaiser Family Foundation

SUICIDE STATISTICS

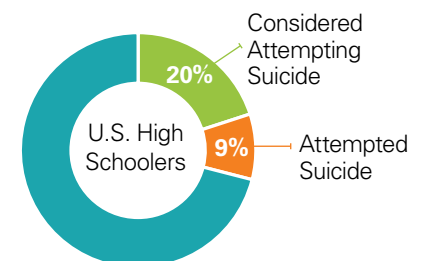


Source: Texas Department of State Health Services



2nd leading cause of death for U.S. youth

Source: CDC



Source: CDC

- 7 <https://www.apa.org/health/behavioral-integration-fact-sheet>
- 8 <https://www.nimh.nih.gov/health/topics/suicide-%20prevention>
- 9 <https://telehealth.hhs.gov/patients/telehealth-and-behavioral-health/>
- 10 <https://telehealth.hhs.gov/patients/understanding-telehealth/#benefits-of-telehealth>
- 11 <https://tcmhcc.utsystem.edu/cpan/>
- 12 <https://tcmhcc.utsystem.edu/peripan>
- 13 <https://tcmhcc.utsystem.edu/tchatt/>