

Suicide Prevention

Deaths by suicide are preventable with connection to the right mental health supports and a passionate and knowledgeable workforce ready to engage people in regular conversations about suicide to combat the rising statistics. So where do we start?



SEPTEMBER
**SUICIDE
PREVENTION**
AWARENESS MONTH



Know what help is out there:

<https://www.samhsa.gov/mental-health/988/>

49,316 Americans died by suicide in 2023, and 1.5 million Americans attempted suicide.

Suicide is the 10th leading cause of death for the state of Texas, and the 2nd leading cause of death for Texans age 15-34.

As of May 2025, the state of Texas saw 4,382 suicide deaths, ranking 38th in the Nation,

59% of these deaths involved firearms.

Bluebonnet Trails regularly provides assessments for community members experiencing a mental health crisis. This year in just Williamson County alone, there were 1053 Crisis Assessments, 326 of which noted current thoughts of suicide. In all counties combined, there were 996 assessments where current suicidal ideation was present.

THE WARNING SIGNS:

Talking about:

- Wanting to die
- Great guilt or shame
- Being a burden to others

Feeling:

- Empty, hopeless, trapped, or having no reason to live
- Extremely sad, more anxious, agitated, or full of rage
- Unbearable emotional or physical pain

Changing behavior, such as:

- Making a plan or researching ways to die
- Withdrawing from friends, saying goodbye, giving away important items, or making a will
- Taking dangerous risks such as driving extremely fast
- Displaying extreme mood swings
Eating or sleeping more or less
- Using drugs or alcohol more often