The World Health Organization estimates that each year about

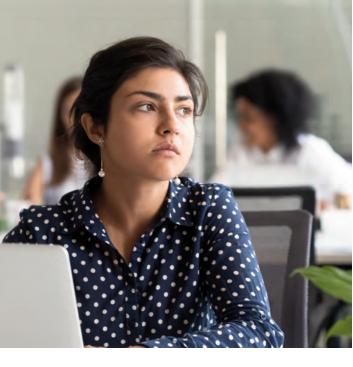
ONE MILLION PEOPLE DIE FROM SUICIDE



SO LET'S TALK ABOUT IT

THIS IS A

SUICIDE PREVENTION GUIDE



THE SIGNS

- · Talking about suicide
- Trouble eating or sleeping
- Drastic changes in behavior
- · Withdrawal from friends or social activities
- · Loss of interest in school, work or hobbies
- Preparation for death by writing a will and making final arrangements
- Giving away prized possessions
- Previous suicide attempts
- Taking unnecessary risks
- · Recent serious loss
- · Preoccupation with death and dying
- · Losing interest in personal appearance
- Increased alcohol or drug use

Source: American Psychological

WHAT YOU CAN DO

BE DIRECT. Talk openly and matter-of-factly about suicide.

BE WILLING TO LISTEN. Allow expressions of feelings. Accept the feelings.

BE NON-JUDGMENTAL. Don't debate whether suicide is right or wrong, or whether feelings are good or bad. Don't lecture on the value of life.

GET INVOLVED. Become available. Show interest and support.

DON'T DARE HIM OR HER TO DO IT.

DON'T ACT SHOCKED. This will put distance between you.

DON'T BE SWORN TO SECRECY. Seek support.

OFFER HOPE that alternatives are available but do not offer glib reassurance.

TAKE ACTION. Remove means, like weapons or pills.

GET HELP from people or agencies specializing in crisis intervention and suicide prevention.

Source: National Suicide Prevention Lifeline

QUESTION, PERSUADE, REFER (QPR)

Ask the

QUESTION: Are you thinking of hurting yourself?

· Have you considered suicide?

PERSUADE your colleague to seek professional help.

REFER to a professional for help

- If necessary, CALL 911 or take the person to the emergency room.
- FOLLOW-UP with your colleague the next day.
- NEVER promise to keep a secret.

NATIONAL SUICIDE PREVENTION HOTLINE: 1-800-273-TALK(8255)

THERE'S HELP

NATIONAL SUICIDE PREVENTION HOTLINE

TALK ANONYMOUSLY:

1-800-273-TALK (8255)

LEARN MORE:

suicidepreventionlifeline.org

LIVE CHAT:

suicidepreventionlifeline.org/chat

TEXAS LAWYERS ASSISTANCE PROGRAM

TALK ANONYMOUSLY:

1-800-343-8527

LEARN MORE:

tlaphelps.org

TYLA ATTORNEY WELLNESS HUB

LEARN MORE:

texaslawyercares.tyla.org

LEARN MORE:

ABAJournal.com/toolkit



Suicide is a critically important issue affecting more lawyers than you may think. According to the Centers for Disease Control and Prevention THE LEGAL INDUSTRY RANKS AS THE 11TH HIGHEST INCIDENCE OF SUICIDE AMONG PROFESSIONS.

Suicide ranks among the top causes of death in the US and the world. And lawyers are at a higher risk than most.

The American Psychological Association reports:

LAWYERS ARE 3.6 TIMES MORE LIKELY TO SUFFER FROM DEPRESSION THAN THE GENERAL POPULATION.

The American Bar Association Commission on Lawyer Assistance Programs reports:

28% OF LAWYERS STRUGGLE WITH DEPRESSION 19% OF LAWYERS DEMONSTRATE ANXIETY

ATTORNEYS IN THE FIRST 10 YEARS OF PRACTICE SHOW THE HIGHEST INCIDENCE OF THESE ISSUES

And these statistics only represent the people willing to admit to these types of issues





IMPORTANT

Suicidal thoughts and intentions grow in silence. It's okay to talk about it. If you or a loved one have had suicidal thoughts, please talk to someone.

If you or a loved one are in the midst of a mental health emergency, visit an ER or dial 911 for immediate professional help.

A mental health emergency is any situation in which a person finds themselves panicked, unable to function, or considering hurting themselves or others.



Prepared as a public service by the Texas Young Lawyers Association

This pamphlet and other free legal resources can be found online at tyla.org/resources.



