

## Emergency Numbers:

### Suicide & Crisis Hotline

214-828-1000 (local)  
1-800-SUICIDE (national)

### Boys and Girls Town Hotline

1-800-448-3000

### Contact Counseling

24-Hour Teen Crisis Line  
972-233-2233

### Parkland County Hospital Psychiatric ER, Dallas

214-590-8761

### Texas Health Presbyterian Allen – ER

972-747-6100

### Allen Police Dept. / Ambulance

911

### Medical Doctor:

Name \_\_\_\_\_  
Phone \_\_\_\_\_

### Counselor/Therapist:

Name \_\_\_\_\_  
Phone \_\_\_\_\_

## Information Provided By:



# ALLEN

INDEPENDENT SCHOOL DISTRICT

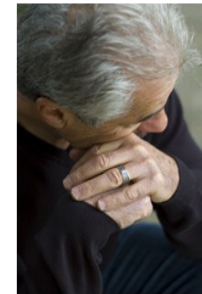
612 East Bethany Drive  
Allen, Texas 75002  
972-727-0511  
972-727-0500 Fax  
www.allenisd.org  
**Safe School Helpline:**  
**800-418-6423**  
**ext. 359 option 3**



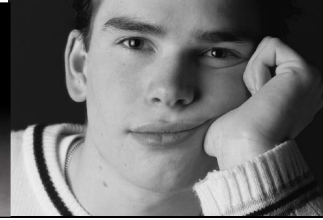
205 W. McDermott  
Allen, Texas 75013  
Emergency: 911  
Phone: 214-509-4200  
**Crime Tip Hotline:**



801 E. Main St., Suite B  
Allen, Texas 75002  
972-727-9131  
www.acocares.org



Can You Recognize The Faces of SUICIDE in Allen, Texas?



## KNOW THE WARNING SIGNS:

A suicidal person may:

- Talk about suicide, death or no reason to live
- Be preoccupied with death and dying
- Withdraw from friends and/or social activities
- Have depression or sadness
- Change in eating or sleeping habits
- Have lack of energy
- Have mood shifts
- Have a recent loss or threat of a significant loss
- Experience drastic changes in behavior
- Lose interest in hobbies, work, school, etc.
- Prepare for death by making out a will and final arrangements
- Give away prized possessions
- Have attempted suicide before
- Take unnecessary risks, be reckless, and/or be impulsive
- Lose interest in their personal appearance
- Increase their use in alcohol or drugs
- Express a sense of hopelessness
- Be faced with a situation of humiliation or failure
- Have a history of violence or hostility
- Have been unwilling to “connect” with potential helpers
- Acquire means for suicide (guns, drugs, etc.)

## KNOW HOW TO HELP:

Talk to someone:

- A community mental health agency
- A private therapist/ psychologist
- A religious/spiritual leader
- A family physician
- A suicide prevention/crisis intervention center
- A school counselor

**GET INVOLVED.** If you offer to get involved, the worst that can happen is that you will be asked to mind your own business. The best that can happen is that a person suffering unbearable pain alone will now have an important, maybe life saving ally.

**DO NOT PROMOTE GUILT.** The person in crisis already feels very bad about him or herself. Offering added guilt and shame can worsen those feelings. What is more helpful is to keep communicating acceptance and concern.

**DO NOT BE SWORN TO SECRECY.** A person in crisis may confide in you, then ask you to tell no one. Because the “secret” suggests a special bond between two people, one might attempt to keep the confidence. The involvement of parents or other trusted adults and professionals should be solicited.

**REMOVE ACCESS TO DRUGS AND LETHAL WEAPONS.** A loaded gun in the drawer of a home where someone who is depressed lives is an invitation to disaster. People in crisis are sometimes impulsive. There is no time for intervention when a firearm is used. Easy access to sleeping pills and powerful prescription medications can be dangerous as well. And alcohol, mixed with drugs, even over-the-counter medications, can be extremely lethal. Remove all potential dangers.

## YOU SHOULD KNOW:

- Suicides claim the lives of more than 31,000 people annually in the United States. More people kill themselves than kill each other.
- Every 16.9 minutes someone dies by suicide.
- Five million living Americans have attempted to kill themselves.
- Most suicidal people communicate their intent to kill themselves before they attempt to do so.
- The highest average number of suicides per day happens during the summer months.
- Approximately 12 young people between the ages of 15-24 die every day (every 2 hours) by suicide.
- Firearms remain the most commonly used suicide method among youth, regardless of race or gender, accounting for 3 of 5 completed suicides.
- Research shows that access to firearms is a significant factor in the increase of youth suicide.
- Research shows that adolescent suicides occur in the afternoon or early evening and in the teen’s home.
- 18.1% of all suicides are of elderly people.
- Elderly persons are less likely to reach out by calling a crisis line than their younger counterparts.