

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

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- 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

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**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

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## ***NATIONAL SUICIDE PREVENTION HOTLINE***

**TALK ANONYMOUSLY:**

**1-800-273-TALK (8255)**

***LEARN MORE:***

**[suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)**

***LIVE CHAT:***

**[suicidepreventionlifeline.org/chat](https://suicidepreventionlifeline.org/chat)**

## ***TEXAS LAWYERS ASSISTANCE PROGRAM***

**TALK ANONYMOUSLY:**

**1-800-343-8527**

***LEARN MORE:***

**[tlaphelps.org](https://tlaphelps.org)**

## ***TYLA ATTORNEY WELLNESS HUB***

***LEARN MORE:***

**[texaslawyercares.tyla.org](https://texaslawyercares.tyla.org)**

***LEARN MORE:***

**[ABAJournal.com/toolkit](https://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





Let's bring suicide  
**OUT OF THE DARK**  
*It could save a life*

## **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](http://tyla.org/resources).



BE AN UNCOMMON LEADER.®