

If you are having thoughts of suicide please seek **IMMEDIATE** help.

Below is a list of resources:

**National Suicide Hotline**

24 hours a day, 7 days a week  
(not associated with HFD)  
**1-800-273-TALK (8255)**

**Crisis Hotline**

24 hours a day, 7 days a week  
(not associated with HFD)  
**(713) Hotline (468-5463)**

**Or call OEC at (713) 884-3143**

and have our Mental Health  
Professional or the HFD Chaplains  
paged

**For non-life threatening situations call:**

**Psychological Services for HFD**

**(713) 247-5080**  
**(713) 247-8415**

**Chaplain's Services**

**(713) 495-7923**  
**(713) 495-7903**

**Employee Assistance Program**

**(EAP) For all City Employees**  
**(713) 964-9906**



The  
Courage  
To  
Save:  
*Ourselves*

**TALK** *to each other*

**BE** *vigilant*

**REACH** *out*

**HELPING** *each other*

Through Courage, Commitment and Compassion

Knowing  
the Warning Signs  
and Risk Factors  
of Suicide

**Confidential**

**Houston Fire Department  
Suicide Prevention Program**

## COMMON WARNING SIGNS

Threaten to harm or kill one's self

Hopelessness

Talking about or looking for ways to kill one's self

Seeking access to weapons, pills or other means

Formulating a plan to kill one's self

Talking or writing about death, dying or suicide

Giving away property or disregard for what happens to one's property

Finalizing personal affairs

## ADDITIONAL WARNING SIGNS

Feeling like there are no options

Withdraw from friends, family and activities

Dramatic changes in mood

Talks about having no sense of purpose and no reason for living

Problems with sleep (too much or too little)

Increased use of alcohol or drugs

## RISK FACTORS

**Risk factors may increase the likelihood of suicide however; it Does Not mean you ARE suicidal.**

**History of previous suicide attempts**

**Family history of suicide**

**Relationship problems (i.e. recent breakup, divorce)**

**History of depression or other mental illness**

**Recent loss (i.e. physical health problems, financial or personal)**

**Current/pending disciplinary or legal action**

**Perceived unmanageable stress for a prolonged amount of time**

**Setbacks (i.e. work, personal, school)**

**Same sex orientation**

**Alcohol/Substance abuse**

**Impulsivity or poor self control**

## THE RISK FOR SUICIDE IS HIGHEST WHEN

**The person feels hopeless or helpless**

**The person views his or her life as black and white with no perceived options**

**Substances, such as alcohol and drugs are involved**

## ASK THE IMPORTANT QUESTIONS

Are you feeling hopeless?

Are you thinking about killing yourself?

Do you have a plan to harm or kill yourself?

If you do have a plan, how would you do it?

Have you tried in the past to kill yourself?

## SUPPORTIVE FACTORS THAT MAY HELP

Positive social network

Life satisfaction

Faith/spirituality

Use of positive coping skills

Sense of responsibility to children, spouses, significant others, pets, friends or co-workers

Positive work environment

A therapeutic relationship with a mental health professional