The month of September is Suicide Prevention Awareness Month. This week, September 6th through the 12th, is Suicide Prevention Prevention Week with September 10th designated as World Suicide Prevention Day.
A video message on suicide prevention from our Executive Director, Greg Hansch.

Suicide Prevention Events

NAMI Greater Corpus Christi is heavily involved in organizing this two-day virtual Suicide Prevention Symposium, beginning September 10th at 6:30 pm CT (Community Event) and continuing the next day at 8:30 am (Professional Event).

NAMI Gulf Coast is hosting a virtual Suicide Prevention and Awareness Panel on September 11th at 1:00 pm CT. The event will feature a panel of passionate professionals dedicated to preventing suicide.

Don't miss our Stopping Suicide in Texas event with Texans Care for Children and Texas Gun Sense on September 10th at 2 pm CT. We will be discussing steps the Texas Legislature should take to address suicides. Register here or stream on the NAMI Texas Facebook page.

Suicide Is A Public Health Crisis...
...now add COVID-19 on top of the pre-existing suicide epidemic:

- 11% of American adults reported seriously considering suicide in June, about double the percentage who did so last summer, a new CDC report finds.
- Rates of suicidal ideation were highest among 18- to 24-year-olds (25%) and unpaid caregivers for adults (30%).
- The report also found that the prevalence of symptoms of depression and anxiety quadrupled and tripled, respectively, compared to last year.
- Anxiety and substance abuse have spiked more than 40 percent among those who said they had suffered a mental or behavioral health condition as a direct result of the coronavirus response. More than 30 percent of those surveyed between June 24-30 reported symptoms of anxiety and depression.

**Hundreds of thousands of Texans have lost jobs during COVID-19** and may also need to deal with the compounding factors of isolation, pandemic anxiety, and possibly the loss or grave illness of a loved one, all simultaneously – often making coping with job loss more difficult.

Evidence of this exists in a recently published report by the Meadows Mental Health Policy Institute (MMHPI), which includes national models showing that “for every five percentage point increase in unemployment in Texas during the COVID recession across a year, an additional 725 Texans could die each year from suicide (300).” The MMHPI report is the first of a series analyzing the mental health impacts of the COVID-19 pandemic. Citing a 2018 study about suicidal ideation, the report also emphasizes the important point that for every incident of suicide, many others are experiencing suicidal thoughts, depression, or substance use disorders.

In the upcoming legislative session, beginning on January 12, 2021, NAMI Texas will advocate for the following crisis intervention and suicide prevention measures:

- Require Health Professionals and Educators Receive Suicide Prevention Training
- Reduce Access to Lethal Means
- Universal Access to the Collaborative Care Model
- Promote Use of Integrated Crisis Response Teams
- Increase the Availability of Crisis Respite Services
- Facilitate Access to Mental Health Services for First Responders
- Improve Emergency Detention Processes
- Address Mental Health Information Disclosures
- Expand State Capacity for Crisis Hotlines/Support Lines

We will release our Public Policy Platform for 2021-22 no later than early November of this year. In the meantime, please check out our public policy webpage on Suicide Prevention and Public Safety.

Suicide Prevention Mini Guides (thank you [NAMI Tarrant County](https://nami.org/suicidepreventionmonth) for sharing!)
Click the 3 Suicide Mini Guides above to learn about suicide prevention.

My Friend Is Suicidal: What Should I Do?

"Suicide isn't an easy topic to think about, let alone discuss — especially with someone you suspect is suicidal. But it is incredibly important that we do talk about it and get our loved ones the help they need to prevent them from reaching a point of crisis.

Here’s a little bit about what you can do to help them." - Taylor Bennett

My Story Campaign

Are you interested in sharing your story about your mental health journey (as a peer or family member) and the critical help, support, and/or advocacy that you have received from NAMI Texas? We are producing a short series of videos (each 1-3 minutes in length) of people with stories to share. It is called the My Story Campaign! You can film the video from the comfort of your home and send it to us, and we'll turn the video into a polished product and share it via YouTube, this newsletter, our website, and social media. Please email executive.director@namitexas.org if interested!

Resources
Resources:

Suicide Prevention Lifeline
(800) 273-TALK (8255)
or (800) SUICIDE (784-2433)
In Spanish (888) 628-9454

Crisis Text Line Text 741741 from anywhere in the USA to text with a trained Crisis Counselor, free 24/7

National Youth Crisis Hotline
(800) 442-HOPE (4675)

Veterans Crisis Line
Call (800) 273-8255 and press 1
Text 838255

LGBT National Hotline
888-843-4564

The Trevor Project (LGBTQ youth)
(866) 488-7586 Text (202) 504-1200

Trans Lifeline 877-565-8860

Support our efforts by joining Circle of Hope!

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<td>Provides one hour referral service to all in need of help from NAMI TX</td>
<td>Provides one hour assistance to local volunteers requesting to start a NAMI Texas Affiliate in their community</td>
<td>Provides instructions to take the NAMI Family and Friends seminar to communities</td>
<td>Supplies mental health resource materials to be distributed at one community health event</td>
<td>Provides one week of online education and support</td>
<td>Provides resources, training, and technical support for five hours to local NAMI affiliates</td>
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Support Our Work