Startling Stats

is the average number of Texas suicide deaths each day.

Texans, on average, die from suicide each year (that's 1.5 times more than homicides).

of suicide victims have an underlying mental health or substance abuse condition.

- More males die by suicide and more females attempt.
- The highest self-reported attempts are Latina females.
- The highest death rate is white males.

times as many lawyers suffer from depression compared with the rate of other professionals, and suicide is the third leading cause of death among lawyers.

times as many lawyers die by suicide than that of the general population.

Numbers to Know

In the event of a mental health emergency, call 911 National Suicide Prevention Hotline: (800) 273-TALK Texas Lawyers' Assistance Program: (800) 343-8527



Concerned that someone you know is considering suicide?

ASK - SEEK - KNOW

Ask the person about suicide, both indirectly and directly.

Seek a private area to talk and seek to establish a relationship. Comment non-judgmentally. Take immediate steps to limit access to means of suicide and assure safety if needed.

Know where to refer—nationally, in Texas, and in your area.

