



## **Depression Symptoms and Suicide Prevention**

If you or someone you know is struggling with depression, HAPS strongly encourages you to tell your healthcare team and seek appropriate care right away.

What are the signs of depression?

1. Excessive worrying
2. Persistent sadness
3. Crying
4. Loss of interest in usual activities and hobbies
5. Increased fatigue and lack of energy
6. Feelings of guilt
7. Loss of motivation
8. Complaints of aches and pains
9. Feelings of being a burden to loved ones
10. Constant thoughts about disability, death and dying

Other symptoms of depression can include poor appetite, sleep disturbances, fatigue, self-criticism and worthlessness, irritability and anxiety. Some people may have persistent thoughts that they would be better off dead or may even begin planning on ending their life. The presence of these symptoms on most days for two weeks suggests a diagnosis of depression and should be discussed with a physician and/or social worker.

If you are having thoughts about suicide, know that you are not alone. Below are risk factors and danger signs of suicidal thoughts and how to get help. These resources are available 24 hours a day.

### **Suicide Risk Factors:**

- Recent loss of a loved one
- Poor self-esteem
- Social isolation
- Substance abuse
- Relationship problems
- Lack of support from family
- Mental illness
- Previous attempts at suicide

**Danger Signs:**

- Previous suicide attempts
- Verbalizing of suicide threats
- Giving away of prized possessions
- Collection and discussion of information on suicide methods
- Expression of hopelessness, helplessness, and anger at oneself or the world
- Themes of death or depression in conversation, writing, reading selections, or artwork
- Statements or suggestions that the person would not be missed if he or she were gone
- Recent loss of a friend, family member or pet through death or suicide
- Acute personality changes: unusual withdrawal, aggressiveness, moodiness, or new involvement in high-risk activities
- Use or increased use of alcohol or drugs

**Suicide prevention and who to contact if you are feeling suicidal or have thoughts of hurting yourself:**

- 911
- Houston Police Department (HPD) Crisis Intervention Team (CIT): 713-884-3131; <http://www.houstontx.gov/police/cit.htm>
- Crisis Hotline: 713-HOTLINE (468-5463), Spanish 713-526-8088.
- TX Suicide Prevention: 800-273-TALK (8255), Spanish 800-628-9454
- Mobile Crisis Outreach Team: 713-970-4663; 24/7
- Neuropsychiatric Center (NPC) of Harris County: 713-970-7070; 24/7