



VETERANS MENTAL HEALTH DEPARTMENT

TEXAS VETERANS COMMISSION

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Veterans Mental Health Department: Suicide Prevention for Justice Involved Individuals

Texas Judicial Commission on Mental Health

Judicial Summit on Mental Health

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OVERVIEW

- Understanding Suicide Risks in Justice Involved Individuals
- Risk Factors
- Protective Factors
- Warning Signs
- State & Local Resources
- Q & A



Understanding Suicide Risk in Justice Involved Individuals

- Incarcerated men are three times more likely to die by suicide compared to men in the general population, while incarcerated women are nine times more likely to die by suicide compared to women in the general population¹.
- Formerly incarcerated individuals have twice the risk of death by suicide even years after their release.
- Individuals on parole, probation, or recently arrested have significantly higher rates of suicide attempts compared to those without justice involvement.



Risk Factors

Increased use of alcohol or/and other substances

Self-isolation

Lack of social support

History of trauma

Knowing someone who died by suicide,
particularly a family member

Serious physical health conditions



Protective Factors

Healthy coping strategies

Family and community support

Access to effective mental health treatment

Having a sense of purpose or meaning in life

Hope for the future



Warning Signs

If a person talks about:

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain

Behaviors to watchout for:

- Looking for a way to kill oneself
- Giving away prized possessions
- Behaving recklessly
- Access to lethal means
- Relief/Sudden Improvement



State & Local Resources

Trainings offered by VMHD

- AS+K to Save A Life Gatekeeper Training
- Counseling on Access to Lethal Means Safety (CALM) Training

Local Suicide Prevention Coalitions

- Central Texas Challenge
- Texas Suicide Prevention Collaborative

Emergency Services

- Mobile Crisis Outreach Teams
- LOSS Teams
- Inpatient & Outpatient Options
- Veteran Crisis Line (988 Press 1)



Q & A



www.veteransmentalhealth.texas.gov



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