

TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



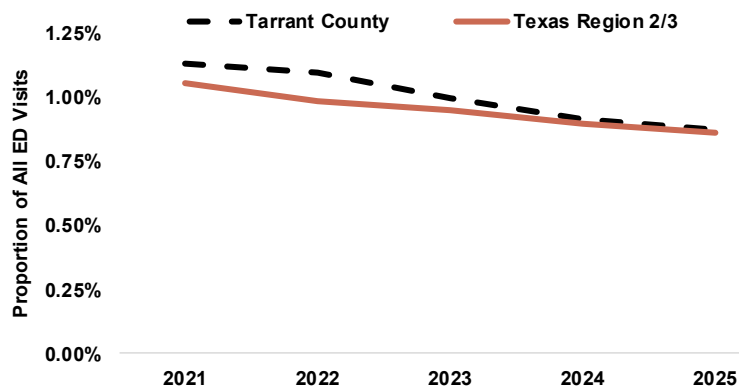
SUICIDAL IDEATION AND ATTEMPTS

Suicidal Ideation: when someone is thinking about suicide; Suicidal ideation may or may not include a suicide plan, means, and intent

Self-Harm: when someone intentionally harms themselves, but they *do not* intend to end their life

Suicide Attempt: when someone intentionally harms themselves with the purpose of ending their life, but their actions *do not* result in death; Suicide attempts may or may not result in injuries

Figure 1. Suicidal ideation emergency department (ED) visits[†], Tarrant County and Texas Region 2/3^{**}, 2021-2025

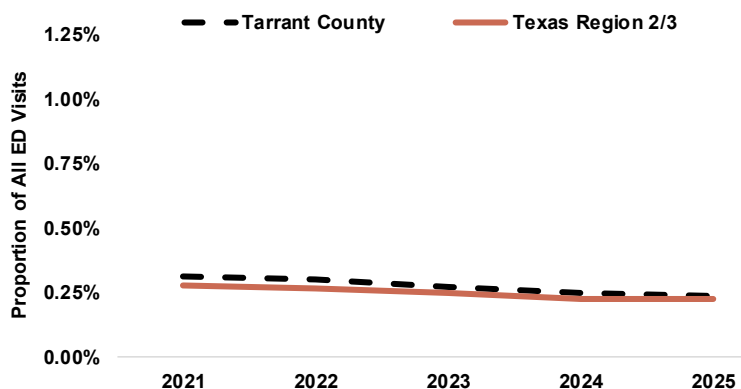


[†]Suicidal ideation ED visits determined with the 'Suicidal Ideation v1' Syndromic Surveillance definition in ESSENCE; ^{**} Texas Region 2/3 = Texas Department of State Health Services public health region consisting of 49 counties in North Texas ([click here for exact coverage](#))

From 2021-2025, there were **53,000** ED visits among Tarrant County residents related to **suicidal ideation**

Among these visits, patients were most frequently aged **25-44 years** and **male**

Figure 2. Suicide attempt emergency department (ED) visits[†], Tarrant County and Texas Region 2/3^{**}, 2021-2025



[†]Suicide attempt ED visits determined with the 'Suicide Attempt v1' Syndromic Surveillance definition in ESSENCE; ^{**} Texas Region 2/3 = Texas Department of State Health Services public health region consisting of 49 counties in North Texas ([click here for exact coverage](#))

From 2021-2025, there were **over 14,000** ED visits among Tarrant County residents related to **suicide attempts**

Among these visits, patients were most frequently aged **15-24 years** and **female**

In 2025, **over 1,800** local MHMR patients reported they experienced **suicidal ideation**, **43%** had a specific **suicide plan**, and **over 200** patients **attempted suicide**

Over 270,000 calls to the **National Suicide Prevention Lifeline** in 2025 were from **Texas**, a **67% increase** since 2022

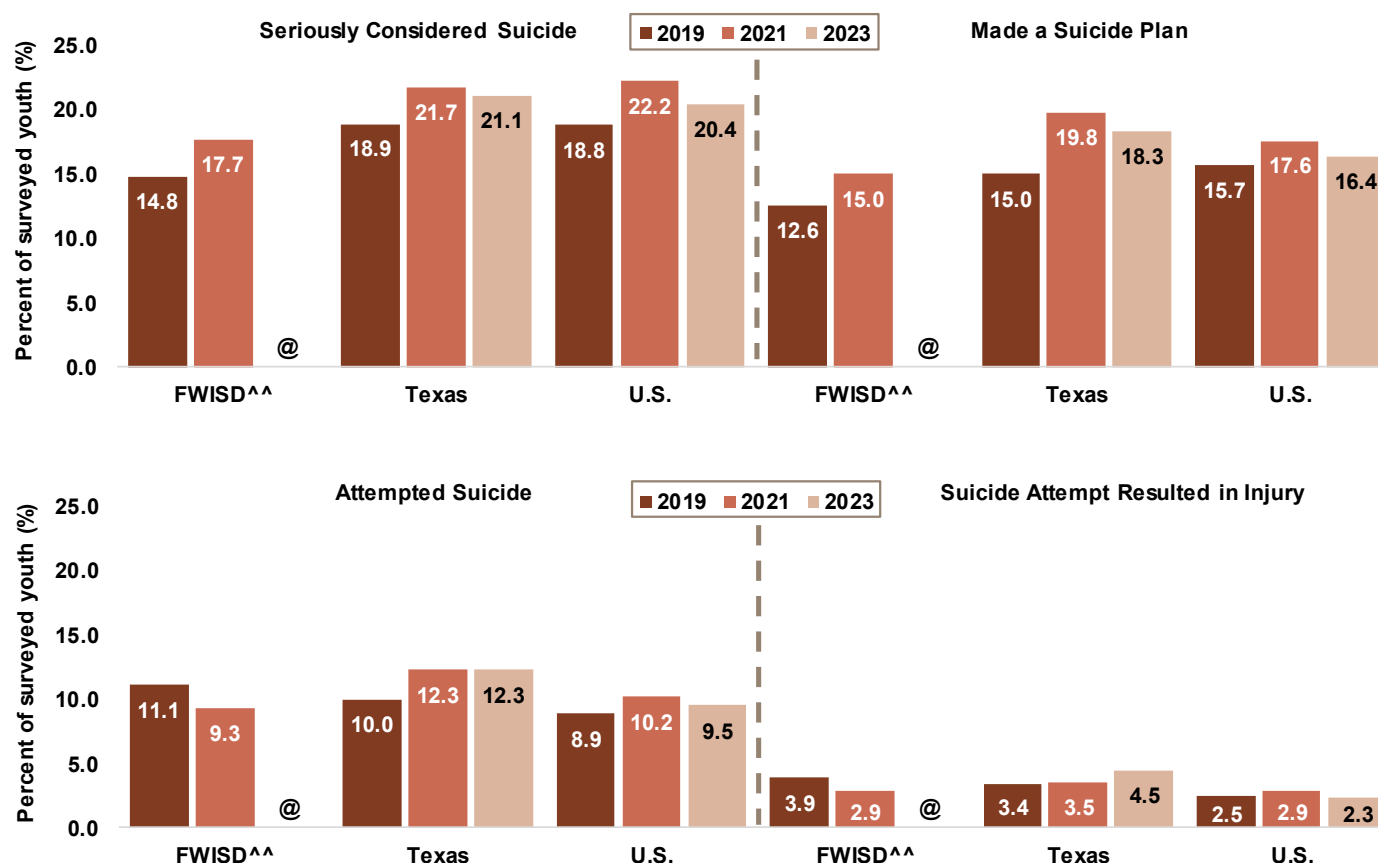
Youth Risk Behavior Survey (YRBS) Suicide-Related Questions

Among high school students (during the past 12 months):

- Did you ever **seriously consider attempting suicide**?
- Did you **make a plan** about how you would attempt suicide?
- How many times did you actually **attempt suicide**?
- If you attempted suicide, did the **suicide attempt result in an injury**, poisoning, or overdose that had to be treated by a doctor or nurse?



Figure 3. Suicide-related behaviors reported by high school students in the Youth Risk Behavior Survey (YRBS) by geographic location, 2019-2023[§]



There was a significant increase from 2019 to 2021 for:

- **Made a Suicide Plan (15.0 to 19.8) among Texas high school students**
- **Seriously Considered Suicide (18.8 to 22.2) among U.S. high school students**

Among high school students in 2023:

- **For Texas, Seriously Considered Suicide (21.1) was significantly higher than Attempted Suicide (12.3) and Suicide Attempt Resulted in Injury (4.5)**
- **For the U.S., Seriously Considered Suicide (20.4) was significantly higher than Made a Suicide Plan (16.4), Attempted Suicide (9.5), and Suicide Attempt Resulted in Injury (2.3)**

[§] YRBS data are collected every two years; @ = data unavailable; ^^ Fort Worth Independent School District (FWISD) is the only North Texas school district participating in the YRBS, but did not conduct a 2023 survey; All significant differences detected at the 95% confidence level; Data source: Centers for Disease Control and Prevention Data Brief provided by: Statistical Analysis Team

Anyone can have thoughts of suicide, regardless of age, gender, or race/ethnicity. While there is no single cause, certain factors *increase the risk* of suicide:

- Access to Lethal Means
- Depression & Mental Health Disorders
- Family History of Suicide, Mental Health Disorders, or Substance Use
- Family Violence or Intimate Partner Violence (IPV)
- Previous Suicide Attempts
- Recently Released from Prison or Jail
- Stressful Life Events & Interpersonal Stressors
- Substance Use
- Terminal Illness or Chronic Pain

Suicide Warning Signs

If these apply to you or someone you know, get help as soon as possible

Mood:

- angry
- anxious
- depressed
- extreme emotional or physical pain
- extreme mood swings
- guilty
- humiliated
- loss of interest
- sudden relief
- unhappy

Talking about:

- feeling like a burden to others
- feeling trapped
- having no reason to live
- hopelessness or emptiness
- revenge
- wanting to die
- wanting to kill themselves

Actions:

- changing eating/sleeping habits
- giving away personal items
- isolating themselves
- making a suicide plan or looking for suicide ideas (buying a gun, stockpiling pills, etc.)
- making a will
- saying goodbye
- taking risks
- using alcohol/drugs more often

Education and Prevention

Talk to someone if you are having suicidal thoughts

To help others, recognize suicide warning signs and follow these steps if they are having suicidal thoughts:

1. Ask "Are you thinking about suicide?"
 2. Listen to them and acknowledge their feelings
 3. Reduce access to lethal items/places
 4. Connect them with suicide resources (988 lifeline)
 5. Follow up with them and stay connected
- [afsp.org]
 - [cdc.gov/suicide/]
 - [hhs.texas.gov/services/mental-health-substance-use/mental-health-crisis-services/suicide-prevention]
 - [jordanelizabethharrisfoundation.org]
 - [nimh.nih.gov/health/topics/suicide-prevention]
 - [samhsa.gov/about/digital-toolkits/suicide-prevention-month]
 - [texassuicideprevention.org]

Resources and Support

Suicide & Crisis Lifeline (24/7)

Call/Text 988 TTY dial 711 then 988

[988lifeline.org]

MHMR of Tarrant County: ICARE Call Center (24/7)

Call/Text 800-866-2465 TTY 817-569-4488

[MHMRtarrant.org]

Veterans Crisis Line (24/7)

Call 988 then press 1 Text 838255

[veteranscrisisline.net]

The Trevor Project (LGBTQ+ youth) (24/7)

Call 1-866-488-7386 Text 'START' to 678-678

[thetrevorproject.org]

Find a mental health provider: [findtreatment.gov]

Grief and loss support: [stopsoldiersuicide.org/blackboxproject] (military service not required)

[jordanelizabethharrisfoundation.org/postvention]