

To help someone with a TBI who is considering suicide:

Listen and be patient

Ask them how they feel

Take them seriously

Help them monitor their drug and alcohol use

Help them find resources within their community

Refer them to a mental health professional

Suicide Prevention Resources

Veterans Crisis Line
1-800-273-8255 Press 1
Text to 838255

American Foundation for
Suicide Prevention
Phone: 1-888-333-2377 (AFSP)
<http://www.afsp.org/>

American Association of Suicidology
Phone: (202) 237-2280
<http://www.suicidology.org/home>

VA VISN 19 Mental Illness Research
Education and Clinical Center
<http://www.mirecc.va.gov/visn19/>

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Colorado Brain Injury Program

<http://tbcolorado.org/>

Traumatic Brain Injury and Suicide Prevention Veterans Crisis Line

1-800-273-8255 Press 1
Text to 838255



Traumatic Brain Injury and Suicide Prevention

Some individuals with traumatic brain injury (TBI) can have medical, emotional, and/or thinking problems which cause difficulty even many years after the injury.

These lasting effects can make a person feel hopeless and consider ending their own life.

Individuals with a history of TBI and their family members shared their stories with us and made the following suggestions regarding suicide prevention.

Those with a history of TBI stated that before considering suicide

They felt:

Sad
Hopeless
Lonely
Frustrated
Stressed
Angry
Useless

They thought about:

Being a burden
Having failed
Losing their sense of purpose

They had difficulty:

Thinking clearly

They were misusing:

Alcohol/drugs

Those with a history of TBI and their family members shared these suggestions for people considering suicide

Distract yourself by:

Reaching out
(to a friend or family member)
Writing in a journal
Listening to music
Playing with a pet
Going for a walk
Working on a hobby
Playing cards
Reading

Get involved in activities:

Go outdoors
Exercise
Spend time helping people
Talk with others

Get professional help:

TBI support group
Individual psychotherapy
Medication evaluation