The Texas medical community is encouraging providers to talk with their patients about suicide. Led by the Texas Medical Association, efforts are increasing to train doctors how to identify and assist patients at risk. In a recent communication, the association referenced a study showing that nearly half of patients who died by suicide saw their doctor in the previous month. According to psychiatrist Sejal Mehta, it is important for health care providers to know that asking about suicide does not increase a person’s suicide risk. "On the contrary, asking about it gives the patient permission to talk about it," said Mehta.

Spark Extra! Check out our Suicide Prevention Toolkit for Primary Care Practices [2].

Links within this resource