



TEXAS
Health and Human
Services

**Texas Department of State
Health Services**

November 18, 2025, is [National Injury Prevention Day \(NIPD\)](#)!

NIPD "shines a green light for safety" to help raise awareness and promote injury prevention efforts.

For our fourth "Shine a Green Light for Safety" weekly spotlight leading up to NIPD, the [Injury Prevention Unit](#) wants to highlight the role mental wellness plays in helping Texans #BeInjuryFree.

Mental wellness is an important component of injury prevention. A person's mental wellness can affect their thinking, feeling, behavior, and mood. Some of the [warning signs and symptoms of mental illness](#) include extreme depression, self-isolation, overuse of substances such as alcohol or drugs, thoughts of self-harm, or self-harming behaviors. According to the [National Alliance on Mental Illness](#) (NAMI) and the [Centers for Disease Control and Prevention](#) (CDC) WISQARS:

- [1 in 5 U.S. adults](#) experience mental illness each year.
- [1 in 6 U.S. youth](#) aged 6-17 experience a mental health disorder each year.
- [Suicide is the 2nd leading cause of death](#) among people ages 10 to 34.

DSHS published a recent data brief using [Texas Violent Death Reporting System](#) (TVDRS) data. The brief shows that between 2019 and 2022, three out of five violent deaths reported in Texas were suicides. [According to circumstantial data in this same report](#), many Texans who died by suicide between 2019 and 2022 experienced mental health issues.

We can help Texas communities #BeInjuryFree by:

- Providing [safe spaces](#) for those struggling with mental health.
- Helping people get access to [mental health resources](#).
- [Knowing the signs](#) someone is struggling and where to get help.

For our final week, we will observe National Injury Prevention Day by shining a green light for some of the Champions of Texas Injury Prevention who are working to help Texas communities #BeInjuryFree.

General Injury Prevention Resources

- Learn more about our programs: [Injury Prevention | Texas DSHS](#)
- Find state and national Injury Prevention resources: [Injury Prevention Resources | Texas DSHS](#)
- Locate more Injury Prevention-related news, events, and observances: [Injury Prevention Calendar | Texas DSHS](#)

Questions? Email us at injury.prevention@dshs.texas.gov.

Thank you!

The Injury Prevention Team

[Injury Prevention | Texas DSHS](#)