

# HOW TO SUPPORT YOUR CHILD



When your child shares with you that they are so discouraged they are thinking about suicide, it can be frightening, uncomfortable, or confusing if you don't know how to respond or what to say. No matter whether these comments are passive or immediate, they should always be taken seriously.

Here is a table of suicide warning signs, questions you can ask, and empathetic statements to say when this happens to you.



## SUICIDE WARNING SIGNS

## QUESTIONS TO ASK YOUR CHILD

## EMPATHETIC STATEMENTS

Talking about wanting to die or mentioning suicide

Have you been feeling so overwhelmed that you have thought about hurting yourself?

I'm here for you, no matter what you are going through.

Withdrawing from usual activities, or not interacting with family and friends

I've noticed that you haven't been as engaged with your family or friends lately. Are you doing okay?

It's okay to feel however you feel – you are not alone.

Suddenly giving away valued possessions for no obvious reason

Have you ever felt like things in life are just too hard to handle?

Your feelings are valid, and I want to understand what you are going through.

Expressing hopelessness or talking about having no reason to live

Do you feel like you don't have any options to deal with what you are facing?

I can't imagine how tough this is for you, but I'm here to help you get through it.

Starting to use drugs or alcohol, or using them more heavily

Have you been using anything lately to cope with your feelings?

You matter so much to me, and I want to support you however I can.

Generally acting anxious, agitated, or reckless

Have you been feeling particularly anxious or scared?

It's okay to not be okay – I'm here to find and provide the support you need.

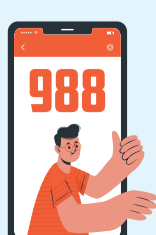
Changes in sleeping or eating habits

How have you been sleeping? Have you noticed any changes recently?

I want to listen to what you are going through and help you cope.

## RESOURCES

- **United States 988 Suicide & Crisis Lifeline:** Call or text 988 to get immediate help
- **Crisis Text Line:** Text HOME to 741741 to connect with a crisis counselor
- **National Suicide Prevention Lifeline:** 1-800-273-TALK to receive 24/7 support
- **The Trevor Project:** A resource for LGBTQ+ youth – call 1-866-488-7386 or text START to 678678
- **Additional Reading Resources:** "Helping your Child Through a Mental Health Crisis" by NAMI
- **"Suicide Prevention: A Parent's Guide"** by the American Academy of Pediatrics



Call or text  
Suicide & Crisis  
Lifeline



Taking the  
person to the ER

[www.bridgehopefamilytherapy.com](http://www.bridgehopefamilytherapy.com)

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