SUICIDE PREVENTION
WHAT PARENTS NEED TO KNOW

Are you worried that your child is at risk for suicide? This is a scary topic for any parent/caregiver, but you don’t have to face it alone. Here are some resources to help guide you.

Common Warning Signs:
• Extreme moodiness or irritability
• Unusually withdrawn or isolated
• Talks a lot about death and dying
• Asks if others would miss them if they were gone
• Gives away their things
• Says things like “I’m over it all”
• Makes comments about hurting or killing themselves

Questions to ask your child if you have concerns:
• You’ve seemed off lately. How are you really doing?
• What do you mean when you ask/say_______?
• Have you thought about hurting or killing yourself?
• It’s important that we find you help. Would you rather have me do this or have us find help together?

As a parent/caregiver it can be overwhelming to be supporting a child who is struggling. Here are some ideas of ways you can take care of yourself as you care for your child:
• Take deep, slow breaths
• Connect with family and loved ones
• Practice self compassion and self love: remind yourself that if your child is going through this, it doesn’t mean it’s your fault.
• Don’t try to manage this situation on your own. It’s okay to ask for help and to get support.

Additional Resources:
• For immediate emergency assistance: 911
• National Suicide Prevention Hotline (24/7): 1-888-273-TALK (8255)
• For Washington DC Residents:
  o CHAMPS (24/7) 202-481-1440
  DC Dept of Behavioral Health Access Hotline: 1-888-793-4357
• Visit: https://www.sprc.org/about-suicide