



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- Unusually withdrawn or isolated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:
 - CHAMPS (24/7) 202-481-1440
 - DC Dept of Behavioral Health Access Hotline: 1-888-793-4357
- Visit: <https://www.sprc.org/about-suicide>