



NOVEMBER: SUICIDE AND SELF HARM

– What Caregivers Need to Know –

The Basics

Worried your child is at risk for suicide or self-harm? This is a scary topic for any parent, 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- Unusually withdrawn or isolated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 excessively of death and dying
- Asks if others would miss them if they were gone
- Gives away possessions
- Says things like "I'm over it all"
- Makes comments about hurting themselves
- Signs of self-harm might include cuts, scratches, burning/branding, hiding their skin, changes in mood, a fascination with self-harm, isolation & changes in mood

Questions to Ask Your Child:

1. You've seemed off lately. How are you REALLY doing?
2. What do you mean when you say/ask _____?
3. Have you thought about hurting or killing yourself?
4. It's important that we find you help. Would you rather have me do this or have us find someone together?

Additional Resources

- Article: [Teens and Suicide: What Parents should know](#)
- Website: [988 Lifeline](#)
- Website: [Suicide Prevention Resource Center](#)

There are many resources you and your child can access for support. Your school's wellness team may be one resource.

In addition, the following resources exist to support you all:

For immediate emergency assistance: 911

National Suicide & Crisis Lifeline: 988

CHAMPS 24/7 mobile crisis support: 202-481-1440 (For Washington DC residents ages 6 to 17)