

Bring Assistance, Prevent Suicide Tips for Parents and Caregivers

Has your son or daughter shown or shared any of the following:

1. Talking about wanting to die, be dead, or about suicide, or are they cutting or burning themselves
2. Feeling like things may never get better, seeming like they are in terrible emotional pain (like something is wrong deep inside but they can't make it go away), or they are struggling to deal with a big loss in their life
3. Withdrawing from everyone and everything, becoming more anxious or on edge, or seeming unusually angry

How to Respond

- Ask if they are ok or if they are having thoughts of suicide
- Express your concern about what you are observing in their behavior
- Listen attentively and non-judgmentally
- Reflect on what they share and let them know they have been heard
- Tell them they are not alone
- Let them know there are treatments available that can help
- Guide them to professional help

Remember these numbers. There is HOPE and there is HELP!



CRISIS TEXT LINE |

TEXT FL to 741741

Trained Crisis Counselors are available 24/7 for support and assistance.

