
Suicide Prevention

	MENTAL HEALTH NEWSLETTER	
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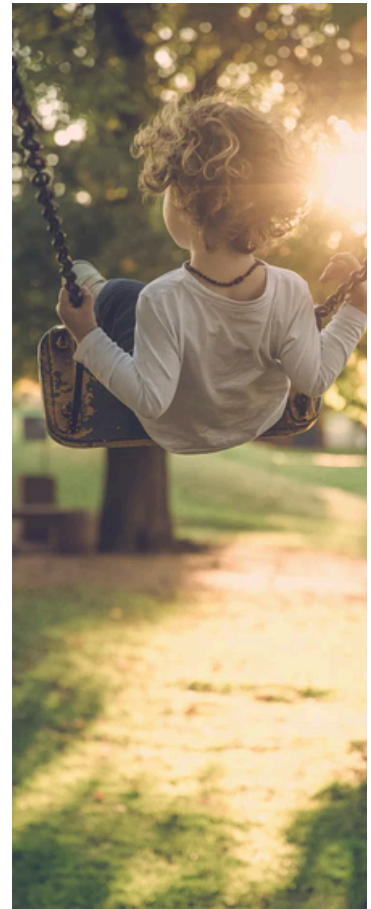
Suicide Prevention: #KeepGoing

Warning signs

Suicide is the second leading cause of death among people ages 10-24 in the US. In junior high and high school, children and teenagers are particularly susceptible to dealing with suicidal thoughts. Because of this, it is important that parents can recognize the signs of suicidal thoughts and know what to do if they do see them in their children. The more we can talk about suicide, the more children will know they are not alone in their struggles.

Recognizing suicide warning signs in children and teens starts with understanding the mental health disorders that increase risk, such as depression, anxiety, bipolar disorder, and substance abuse. If your child is struggling with one of these disorders or you suspect they might be, don't hesitate to contact your pediatrician to ask for help!

Environmental factors can also increase suicide risk. Is your child experiencing bullying, harassment, or relationship problems at school? Have any stressful life events like moving, divorce, or a financial crisis happened recently? Have they been exposed to suicide by a friend or relative?



Featured articles

If the answer to any of these questions is yes, you should consider taking your child to a therapist who will be able to help them through their trauma safely.

In addition, behavioral warning signs include discussing self-harm, feeling like a burden, feeling trapped, withdrawing from activities, fatigue, or giving away possessions. (For a full list of warning signs, click [here](#).)



What resources should you use?

- Talk to your general practitioner! They can help diagnose mental illness or refer you to someone who can.
- Talk to a therapist. If your child is struggling with mental illness or trauma, a therapist is a great resource. Your general practitioner can refer you to good therapists in your area.
- Check out mylifeworthliving.org for an animated series on teen suicide. Watching this with your children can help them realize they are not alone.

Here are a few additional suggestions for how to talk to children who are struggling:

- Let them know that they are loved and do not need to feel guilty about how they are feeling.
- Listen attentively to what they are saying. Give their words your full attention!
- Put away all distractions, especially phones or any kind of media, and engage with them.
- Ask open-ended questions such as, “How are you feeling?” or, “What kind of thoughts are going through your mind right now?”
- Ask them if they want help, and offer resources that will help them.

How to have a #RealConvo

It can be challenging to know how to talk to children that are experiencing suicidal thoughts. The American Foundation for Suicide Prevention’s #RealConvo campaign offers resources to help parents and students discuss suicidal thoughts.

Click [here](#) to learn more!



What Parents Need to Know
about Suicide Prevention

[Begin Course](#)

Take a no-cost course at ParentGuidance.org

Take this course to learn how to recognize warning signs and support suicide prevention.



For helpful parenting resources
visit: ParentGuidance.org

For works cited, view the newsletter online