

My child has talked or thought about hurting themselves, what can I do to help?

You're not alone, here are resources to help get you started!

Starting the Conversation

["What happens if I call the Suicide Prevention Lifeline?"](#)

["My loved one won't talk to me about their mental health"](#)



"I Don't Know How" Webinar Series

Part One: [I Don't Know How to Navigate My Child's Worries About Bullying](#)

Part Two: [My Child is Suicidal and I Don't Know How To Help Webinar Recording](#)

Firearm Safety

[Gun Safety Campaign Toolkit](#)

[Asking Saves Kids \(ASK\) campaign](#)

[Safe Storage of Firearms](#)

[Personal Firearm Safety Counseling For Primary Care Providers](#)



Mental Health America Resources

["What to do when they don't want help"](#)

["Someone I care about is harming themselves"](#)

["I think about death all the time"](#)

["I don't want to live, but I don't want to die."](#)

Other Helpful Resources

[Suicide Prevention Lifeline](#)

["What happens if I call the Suicide Prevention Lifeline?"](#)

[Suicide Resource Center](#)

[Need to talk to someone?](#)

[Free, anonymous & confidential mental health screening](#)

