

"MY CHILD IS SUICIDAL AND I DON'T KNOW HOW TO HELP"

Webinar Tip Sheet

LISTEN TO YOUR CHILD

If you have even small concerns about your child, trust your instincts and act upon them.



FIND A SUPPORT SYSTEM



Remember that there are those who have had similar experiences and they can provide road maps to navigating the terrain.

CREATE A SAFE ENVIRONMENT

Create and maintain a safe physical and mental environment to monitor and care for your child.



VOICE YOUR CONCERNS WITH YOUR HEALTH CARE PROVIDER



Mental health is as important as physical health! Mention any thoughts of suicide to their health care provider and follow up.