"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.

ASU REACH INSTITUTE
Center for Resilient Families

Mental Health America