



Scan to
watch

Webinar Resources

REPLAY LINK: [HTTPS://VIMEO.COM/792766816](https://vimeo.com/792766816)

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?”: bit.ly/3ZjcEiK

“My loved one won't talk to me about their mental health”: bit.ly/3ALofgo

Firearm Safety

Gun Safety Campaign Toolkit: bit.ly/3Zf6tMW

Asking Saves Kids (ASK) campaign: bit.ly/47fjqll

Safe Storage of Firearms: bit.ly/4dNU471

Personal Firearm Safety Counseling
For Primary Care Providers: bit.ly/4eelZl

Mental Health America Resources

What to do when they don't want help: bit.ly/3Xv2o5Y

Someone I care about is harming themselves:
bit.ly/4e3afgu

I think about death all the time: bit.ly/3yYv51M

I don't want to live, but I don't want to die:
bit.ly/3Xhmq76

Support

988 Suicide & Crisis Lifeline

Call or text 988 or chat 988lifeline.org

SAMHSA's National Helpline

1-800-662-HELP (4357)

Suicide Prevention: bit.ly/3U0ahNJ

Share text crisis line with teens:

<https://www.crisistextline.org>