



TIPS TO KEEP YOUR CHILD SAFE

Simple words can open the door to help.

ASK: Talking about suicide in a supportive, caring way does **not** put the idea in a child's head. Asking directly lets your child know you care and that they can talk to you.

- “I’ve noticed you’ve been having a really hard time. How are you doing?”
- “Sometimes when people feel overwhelmed, they think about suicide. Have you been having thoughts about suicide?”
- “Are you thinking about hurting yourself?”
- “Do you have a plan for how you might hurt yourself?”
- “Have you ever tried to hurt yourself before?”

WHAT TO SAY. . .

- “I’m staying with you.”
- “We are going to get help together.”
- “Help me understand what life is like for you right now.”
- “Tell me more. I’m listening.”
- “I’m really glad you told me.”
- “You don’t have to handle this by yourself.”

REMEMBER: Listen. Stay calm. Take your child's words seriously. Remain non-judgmental. Stay with them.

TAKE SIGNS SERIOUSLY: If something about your child's behavior, mood, or words concerns you, trust your gut and take action.	GET HELP: If you are concerned your child may be suicidal, seek professional help as soon as possible. You can take your child to any behavioral health hospital for a free level-of-care assessment. School counselors, social workers, psychologists and pediatricians can also help connect you with resources.
LIMIT ACCESS: Be aware of your surroundings and potential hazards in the home. Securely store or remove from the home: firearms, medications, prescription drugs and other potentially dangerous means.	OFFER HOPE and LISTEN: When a child is in crisis, hope can be hard to see. Stay with your child and help them find the next step. You don't need to have all the answers. Your job is to listen, care, and help your child get support.

