

# TIPS

## What your kids want you to know!

### **WARNING SIGNS OF SUICIDE:**

People who talk about or threaten suicide often follow through to attempt or die by suicide. As a community, we must overcome our own discomfort and denial surrounding suicide to ensure that we are able to help the people we love. Teens who experience suicidal thoughts or ideations may share their feelings with a family member, friend or teacher. If they do not share their struggle, clues can be given directly or indirectly to signal loved ones that they are contemplating suicide.

### **BEHAVIORAL:**

- Stressful life event
- Risk-taking behaviors
- Substance use
- Withdrawing from friends and family
- Prolonged depression/hopelessness
- Giving away prized possessions
- Being pre-occupied with death
- Previous suicide attempts

### **VERBAL:**

- Direct statements- "I'm going to end it."
- Indirect statements- "Everyone would be better off if I wasn't here."
- Communicating goodbyes to family and friends

### **PHYSICAL:**

- Decrease in appetite
- Trouble sleeping or excessive sleep

If you can identify warning signs in your teen, or they have communicated verbally that they want to end their life, ask them about their intentions directly. It may be uncomfortable or intimidating to ask someone if they are contemplating suicide but asking if someone feels sad is not enough. "Are you thinking about suicide," is the easiest and most direct way of understanding your teen's intentions. Stay calm when talking to your child. If you become overly emotional, your child may shut down. Visit the sites provided below to learn more facts about suicide and how to talk to your teen.

<https://www.mottchildren.org/health-library/ty6090>

<http://www.childrenshospital.org/conditions-and-treatments/conditions/s/suicide-and-teens/symptoms-and-causes/>

<https://kidshealth.org/en/parents/suicide.html>

[https://www.health.ny.gov/prevention/injury\\_prevention/children/fact\\_sheets/10-19\\_years/suicide\\_prevention\\_10-19\\_years.htm](https://www.health.ny.gov/prevention/injury_prevention/children/fact_sheets/10-19_years/suicide_prevention_10-19_years.htm)

<https://suicidepreventionlifeline.org/>

<https://childmind.org/article/youre-worried-suicide/>