

YOUR CHILD HAS TALKED ABOUT ENDING THEIR LIFE: WHAT'S NEXT?

TALKING TO YOUR CHILD ABOUT SUICIDE MAY BE THE TOUGHEST AND MOST UNCOMFORTABLE CONVERSATION YOU EVER HAVE, BUT IT MAY ALSO BE THE MOST IMPORTANT.



HERE ARE FOUR TIPS TO USE WHEN TALKING TO YOUR CHILD:

1. Discuss changes you have noticed and why you are concerned.
2. Ask your child directly, "Have you thought about killing yourself?"
3. Do not try to solve your child's issues. Instead, show care, concern, and support.
4. Let them know that you will be there for them. Give your child an opportunity to come to you when they are ready to talk.

THINGS YOU CAN DO TO HELP

1. Find treatment that works for your child. This could include a mental health counselor and a physician.
2. Lock up hazardous items like firearms and medications.
3. Encourage healthy coping strategies, including physical activity and positive sleep habits.
4. Talk with your teen about unhealthy coping habits, like substance use or social media misuse, and how to change them. Check out [Social Media Side Effects](#) from The Liv Project.

WHAT DO I NEED TO WATCH FOR?

- Increased use of alcohol or drugs
- Withdrawing from activities
- Looking for a way to kill themselves, such as searching online for materials or means
- Isolating themselves from family or friends
- Sleeping too little or too much
- Displaying one or more of the following moods: depression, anxiety, loss of interest, irritability, humiliation, agitation, rage
- A sudden or unexplained calm happiness after a long period of depression
- Saying goodbyes or tying up loose ends, such as giving away prized belongings

WHAT SHOULD I BE LISTENING FOR?

- Talk of suicide: "I just want to go to sleep and never wake up," "If ____ happens, I'll kill myself."
- Talk of hopelessness: "What is the point? Nothing is going to get better."
- Talk of feeling like a burden to others: "They would be better off without me."

WHERE CAN I TURN FOR HELP?

Pediatrician or Family Doctor
Mental Health Therapists
School Counselor
Psychologists
Psychiatrists
Free 24/7 Resources like the
988 Crisis Line or SafeUT App

Take a free suicide
prevention course
anytime by following
@LiveOnUtah on
Instagram

Live on.



HOW CAN I START THE CONVERSATION?

You don't seem like yourself. Letting your loved one know you have noticed something different about them shows them you care. It's important to let them know you are concerned about them, not upset with them.

I'm sorry I snapped at you earlier. I've had a tough week but I want to do better. How was your week? Taking accountability and being a little vulnerable can help smooth over past communication issues and encourage your teen to open up.

How are things going at school/work, or with your friends/partner? Making the question specific is a good way to get the conversation started. Remember that it might not be just one thing that is bothering them. It could be a combination of things or maybe nothing in particular - just a general mood they've been having.

Your care and support can make all the difference.