

**From outside,  
you think it's  
a phase**



**But inside  
they feel  
sadness**



- Let your child know you will always be there for them.
- If they feel you might not be there for them, if left untreated, sadness and hopelessness can lead to depression, and in some, this can lead them to taking their own life.

Suicide is the third leading cause of death for ages 15-24 and the sixth leading cause of death for ages 5-14. Suicide attempts are even more common. Among those who survived failed suicide attempts, say at that last moment before trying to take their life, they changed their mind. For many its too late. Suicide is 100% preventable. Know the risks, triggers to help prevent a child from taking their life.

### **WARNING SIGNS**

- Threat of suicide
- Words of warning: "I will not be around anymore anyway", or "it's hopeless, etc."
- Putting affairs in order-giving or throwing away meaningful things
- Dramatic change in appearance or personality
- Sudden cheerfulness after signs of sadness
- Increased irritability
- Obsession with death and dying
- Sense of guilt, rejection or shame
- Changes in school performance
- Changes in sleeping patterns both nighttime and daytime
- Hallucinations or bizarre thoughts

### **RISKS & TRIGGERS**

- Relationship loss
- Peer pressure
- School & family pressure
- Recent suicide among peer or related film, movie, social media
- Anxiety and other mental health disorders

### **IF YOU FEEL A CHILD OR TEEN MIGHT BE SUICIDAL:**

- ✓ Ask if they are feeling depressed or thinking about suicide or death. Talking with them calmly and expressing your concerns allows them to know you are there for them. Listening to them in a caring, accepting manner, allows them to express how they feel.
- ✓ Let them know you care, want to help them, and will be here for them.
- ✓ Give them Teen Line and 988 Lifeline resource, but let them know they are always count on you:
  - ✓ **Teen Line** where they can talk to other teens (who are trained to help) at 800-TLC-TEEN, Text at 839863 or visit [teenlineonline.org](http://teenlineonline.org)
  - ✓ **988 Lifeline** call or text "988" or visit [988lifeline.org](http://988lifeline.org)
- ✓ Trust your feelings, if you feel the situation may be more serious , call "988".
- ✓ Talk with a mental health professional
- ✓ Inform other adults in the child's life such as teachers, family, friends of your concern

**teen line**

