

**Suicide:
Talk about it.
Save a life.**

Start the conversation with your child.

Raising a child is the toughest job in the world. Kids face so many challenges and risks today. One risk that doesn't get talked about much is the risk of suicide.

It might surprise you to know that talking about suicide cannot plant the idea in someone's head. It can actually get your child to open up about a scary subject.



Warning signs

As many as four out of five suicidal people signal their intentions to others, hoping it will be noticed. Here are some warning signs that a child or teen may need help:

- Talking about suicide or death in general
- Talking about “going away”
- Referring to things they “won’t be needing” and giving things away
- A dramatic mood swing from very depressed/suicidal to seemingly being fine
- Talking about feeling hopeless or guilty
- Pulling away from family and friends
- Losing interest in favorite activities
- Changes in sleeping and eating habits
- Drug use, drinking or self-harm
- Unexplained or unusually severe, violent or rebellious behavior
- Unusual neglect in appearance or hygiene
- Feeling sad or depressed for extended periods
- Obsession with death – often in music, poetry or artwork



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Talking to your child could save their life.

Talking to your child about suicide does not give them ideas. In fact, it lets them know that it's okay to talk about this scary subject.

If you're worried your child or teen is suicidal...

- Sit side-by-side instead of face-to-face.
- Don't insist on eye contact.
- Be direct with your language: "Are you thinking about taking your own life?"
- Listen to them! Sometimes we talk too much when we're nervous or uncomfortable.
- Tell your child it's normal to have frightening thoughts but they don't have to act on them.
- Don't say things like, "Tomorrow's a new day." It invalidates what the child is going through.
- Do not leave your child alone if you have concerns about suicide.
- Support your child in seeking help as soon as possible.
- If you or someone you know is feeling suicidal, it is always okay to call "911" for immediate assistance.

Kids and families don't have to go it alone. Resources are available.



**National Suicide Prevention Lifeline
1.800.273.TALK (8255)**

The National Suicide Prevention Lifeline provides free and confidential support for someone who is suicidal as well as prevention and crisis resources for parents. Call anytime, day or night.

Crisis Text Line: Text "HOME" to 741741

If someone is suicidal but doesn't want to talk on the phone, the Crisis Text Line makes it easy to get fast, free help 24 hours a day, 365 days a year.

**Family Service & Guidance Center
785.232.5005**

Whether your child is experiencing a mental health emergency and is in danger of hurting themselves or others, FSGC is here to help.

Call 785.232.5005. Appointments can be scheduled between 8 a.m. and 5 p.m. Crisis Services can be reached 24 hours a day, 365 days a year.