

UNDERSTANDING TEEN SUICIDALITY: A GUIDE FOR PARENTS



Phoenix Associates, Inc.

STARTING CONVERSATIONS

Suicide is a leading cause of death for teens and young adults. Having conversations with your teen is an important first step to prevention.

Steps to Support

- Ask directly about suicide. It is a myth that bringing up suicide can encourage it. Instead, talking about your concerns can be a crucial first step to safety
- Ask about suicidal thoughts, intent, plans or means
- Encourage open, vulnerable, and safe communication with your teen.
- Ask about peer and social pressures, including social media influences and bullying/cyberbullying
- Take suicidal threats seriously, even after the crisis has passed. Provide constant supervision and remove means of harm, including pills, sharp objects, and firearms
- Maintain a calm, nonjudgmental attitude
- Discuss your teen's warning signs of suicidality with them and become familiar. Create a plan to help them deescalate when feeling suicidal
- Enlist the help of trusted adults to support your teen

Recognize the risks of suicide



National and Local Resources

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
Crisis Text Line (text "HOME" to 741741)
RemedyLIVE: text REMEDY to 494949
(Faith based youth support)
Trevor Project: 866-488-7386 or text START to 678678
(LGBTQ youth support)
YouthLine: 877-968-8491 or text teen2teen to
to 839863 between 7pm-1am