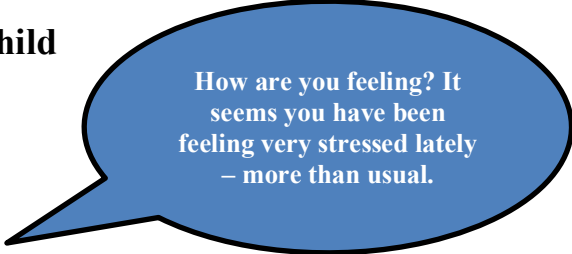


Appendix K

WHAT SHOULD I DO IF I THINK MY CHILD IS HAVING THOUGHTS OF SUICIDE

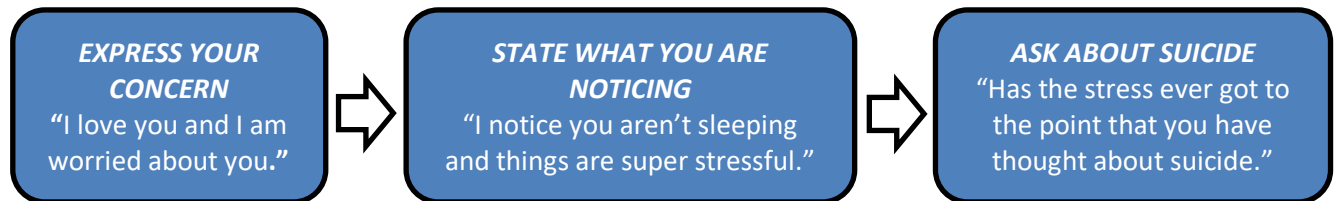
Suicide is not easy to talk about. You may have a lot of worries or concerns that may be keeping you from encouraging in a conversations about suicide. Some common concerns are fear of giving someone the idea if we talk about suicide. This is a myth – talking about suicide will not give someone the idea – it is actually a relief when someone asks about suicide. Don't be afraid to ask about suicide. Studies show that you cannot “plant” ideas of suicide in someone's head. If your child is thinking about suicide, you will have opened the door for a conversation and will make it easier for your child to confide in you.

Be Open & Talk With Your Child



How are you feeling? It seems you have been feeling very stressed lately – more than usual.

Actively Listen



What If My Child Is Suicidal?

If your child is expressing suicide ideation and has imminent Plans to hurt self, seek professional help right away:

- DO NOT leave your child alone: make sure that there is someone with your child at all times, whether it is you or a close friend or family member.
- Call for professional help in a crisis: call 911 or call the crisis line. 1-800-273-TALK
- Get support for yourself during this time of crisis. If you have contacted professional help, then consider calling a close family member or friend to support you as you get help for your child.

