

MIMIND TOOLS

Suicide Prevention Tips for Parents

Be aware that the following factors may be a warning or risk for suicide:

- Depression and other mental health disorders
- Noticeable change in behavior, high anxiety or agitation
- Talking, writing, or communicating about suicide or death
- Inability to sleep
- Buying a gun
- Past suicide attempts or suicidal behaviors
- Substance use (drugs and alcohol)
- Hearing about someone else's suicide

Precautions to take:

- Remove all weapons including firearms from the home
- Lock up prescription and over-the-counter medications
- Monitor your teen's behavior more closely
- Ask your teen daily about their mood and for the presence of suicidal thoughts
- Screen contacts with problematic peers or others

What to do if your teen feels suicidal:

- Work with your teen on their safety plan
- Contact their therapist or psychiatrist
- Call the Suicide and Crisis Lifeline, 988, or another crisis center
- Go to a local Emergency Room
- Call 911