

SUPPORTING YOUR CHILD

Parents and caregivers play a crucial role in providing support during a suicidal crisis, encouragement during treatment, and help to keep their child safe during periods of crisis.



MONITOR

Parents/Caregivers should monitor the activities of their children, and be alert for:

- Researching methods of suicide.
- Purchasing of any materials or items that could be used for self-harm.
- Spending time in chatrooms or social media sites dedicated to self-harm or suicide.
- Receiving texts or direct messages from peers about suicide, calls for help, or peer bullying.

It is important for you to know where your child is at all times during a crisis or potential crisis. When at home, check on them often. Tell them where you are as well in case they need you.

TALK



- Let your child know you are there to listen and support them.
- Be available to learn about suicidal urges/behaviors and self-injury.
- Understand that sometimes children can not explain the reasons they self-harm or feel the way they do.



KNOW THE SAFETY PLAN

- Your child should have a personal safety plan that helps them stay safe. A safety plan is a list of coping strategies and sources of support that your child can use before or during a self-harm or suicidal crisis.
- Review and revisit the safety plan as needed.
- Have 24 hour Crisis Line information available.

REMOVAL OF LETHAL MEANS

Research has demonstrated that suicide can be an impulsive act, with a period of acute risk that passes in hours, or even minutes. Removal of lethal means could save a life. See considerations below regarding removal of lethal means.

MEDICINE

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| <ul style="list-style-type: none">• Over-the-counter (OTC)• Prescriptions• Vitamins | <ol style="list-style-type: none">1. Use a lock box to store and secure all medicine.2. Get rid of any medicine that is expired, no longer being taken, or not needed.3. Keep track of medication dosages. |
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FIREARMS

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| <ul style="list-style-type: none">• Firearms• Ammunition | <ol style="list-style-type: none">1. Consider removing firearms from the home. There are secure storage locations nationwide.2. If you own firearms, keep them in a secure gun safe and keep ammunition stored separately from firearms. |
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SHARP OBJECTS

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| <ul style="list-style-type: none">• Knives• Scissors• Razors• Safety Pins• Nails• Needles | <ol style="list-style-type: none">1. Look through your whole home for sharp objects. These items could be anywhere in your home like the garage, basement, or toolshed.2. Consider locking up all sharp objects. |
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OTHER DANGEROUS MATERIALS

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| <ul style="list-style-type: none">• Ropes• Alcohol• Extension Cords• Belts• Drugs• Cleaning Products | <ol style="list-style-type: none">1. Consider locking up all items that could be dangerous. Making sure your child can't get to them may not be enough to keep them safe. Think about removing them from the home entirely.2. Ask all family members to check for these items. |
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988 Suicide & Crisis Lifeline
988 - Call or text
988lifeline.org

Crisis Text Line
Text “start” to 741-741

Trevor Project
Text “start” to 678-678
Phone: 866-488-7386

Trans Lifeline
(877) 565-8860