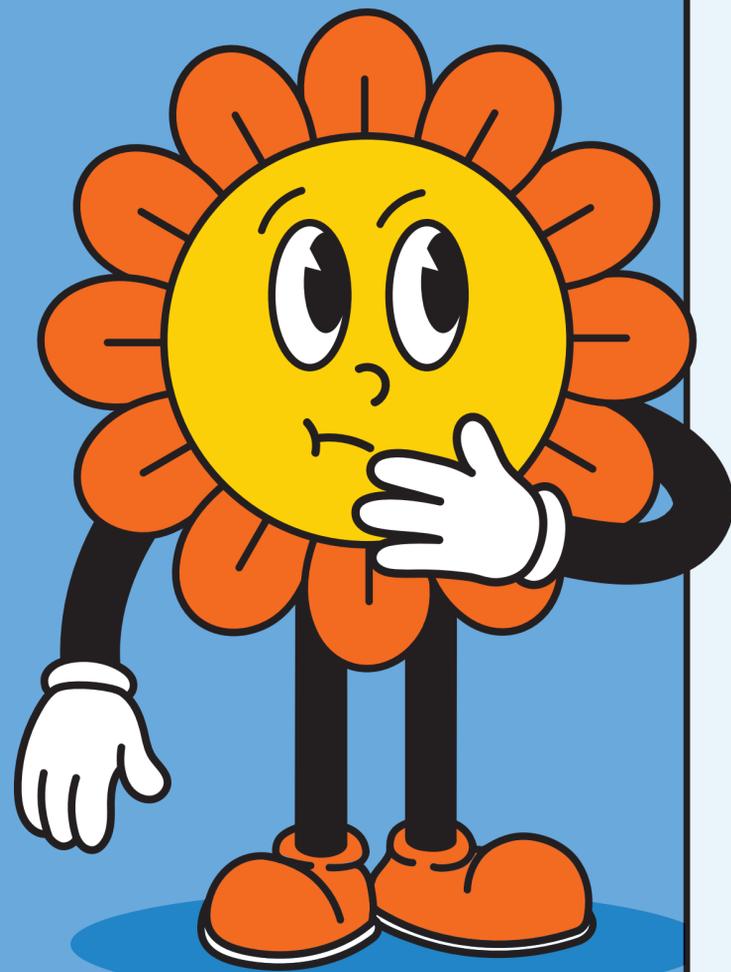


I want to talk to them. Where do I start?



Learning that your child is thinking about suicide can be a scary thing for a parent or caregiver. First of all, stay calm. And take their feelings seriously. Encourage your child to talk about why they are thinking about suicide.

Listen without dismissing or judging their feelings.

Ask about the behaviors you have noticed.

Make sure your questions are open-ended.

Get comfortable with silence and give them time to think.

Don't worry about getting the words exactly right.

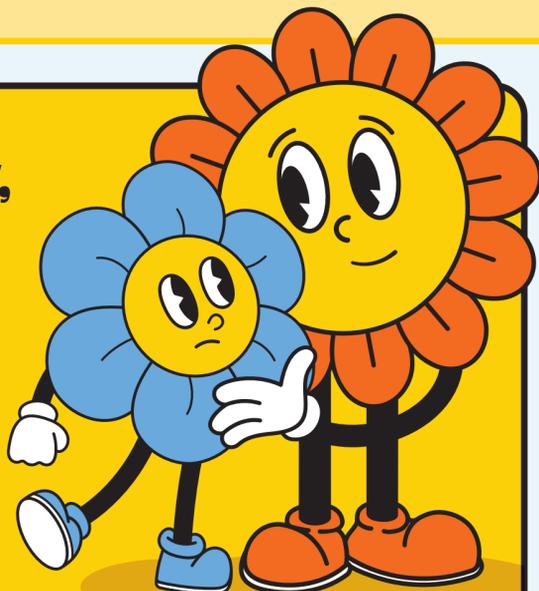
Validate their feelings and let them know you're proud of them for sharing with you.

Make sure they know they can come to you anytime, that they're **never a bother**.

Most importantly, ask directly.

"Are you thinking about suicide?"

Asking questions won't put the idea in their head. Your child may be relieved that you brought it up.



Learn more icebreakers and responses at **NeveraBother.org**



Call the Suicide and Crisis Lifeline at 988 any time (24/7) to get help right away.