

Resources

988 Suicide & Crisis Lifeline

Call or text 988 to speak with a trained counselor who will listen without judgment and provide support 24/7. For chat, go to 988lifeline.org/chat/

Teen Line

Speak with a trained teen listener who understands what it's like to be a teen.

Call 1-800-852-8336 (6 PM–10 PM PT)

Text TEEN to 839863 (6 PM–9 PM PT)

NeveraBother.org

Launched in 2024 by the California Department of Public Health's Office of Suicide Prevention. The goal of Never a Bother is to prevent suicide among teens and young adults in California, while encouraging friends and caregivers to recognize the power they have to support someone before, during, and after a crisis.

Instagram. @NeveraBother

TikTok. @NeveraBother

Facebook. www.facebook.com/NeveraBotherCampaign



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Warning signs of suicide

(be especially concerned if behavior is new, increased, or seems related to a painful event).

Talking/texting about — or making plans for — suicide.

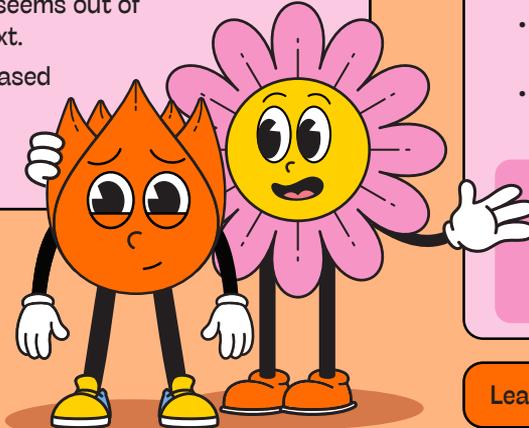
Expressing hopelessness about the future.

Showing severe emotional pain or distress.

Giving away things they care about (e.g. jewelry, clothing, tech).

Showing worrisome behavior changes like:

- Withdrawal from or changes in social connections.
- Anger or hostility that seems out of character/out of context.
- Changes in sleep (increased or decreased).
- Increased irritability.



How do I talk to a child in my care about suicide?

- Find a place and time to talk.
- Actively listen — really hear what they're saying.
- Ask about the behaviors you have noticed.
- Make sure your questions are open-ended, instead of yes-or-no.
- If your teen is silent, they might just be thinking of what to say. Get comfortable with silence and give them time to think.
- Stay calm.
- 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