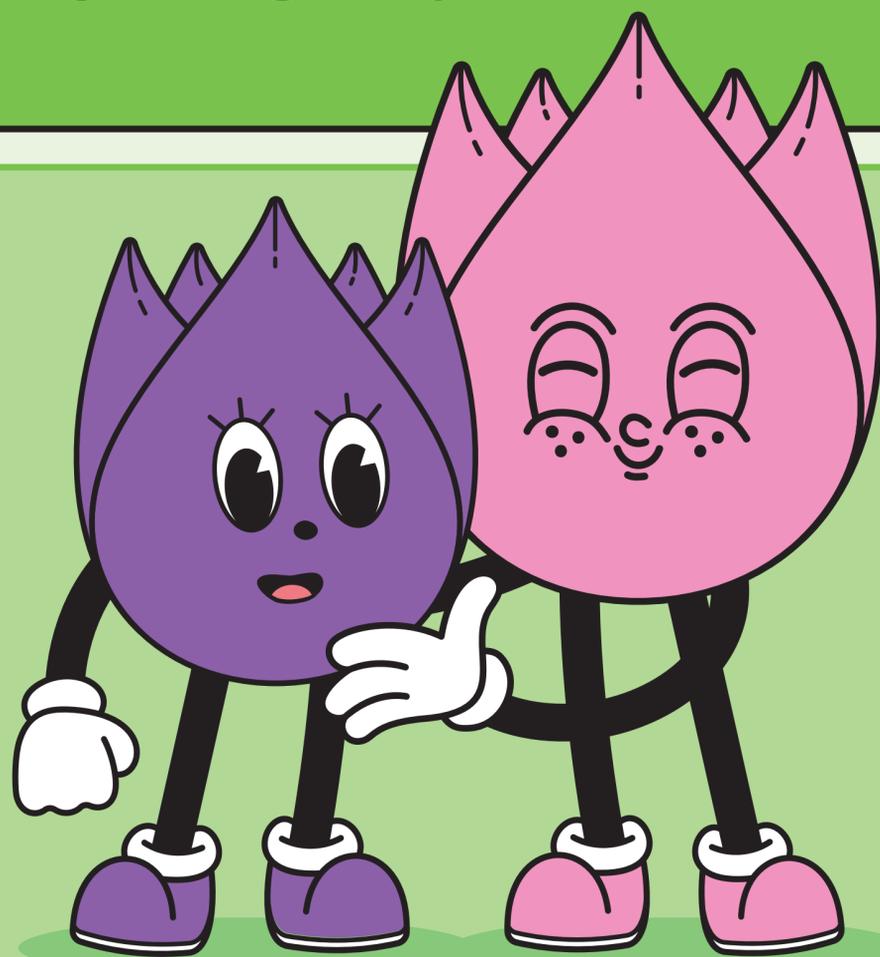


Make sure they know they are *never* a bother.

They may not always show it, but odds are that your child or a youth in your care wants you to take an interest in their life. Make sure they know they can “bother” you with whatever’s weighing them down.

And if something doesn’t feel right, it probably isn’t. **Trust your instincts.**



Take action if you notice these warning signs:

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.

Showing worrisome behavior changes.

Learn more about the warning signs of suicide at NeveraBother.org

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

