

Talk Early, Talk Often.

TALKING TO TEENS ABOUT SUICIDE



1-800-273-8255
(TALK)

Steps that can help:

- **EXPRESS YOUR CONCERN.**
 - By honestly and openly expressing your concerns, you'll send an important message that you care and understand.
- **REALLY LISTEN.**
 - Parents can be tempted to shut down an upsetting conversation by saying, "I don't want to hear those things," or "I had a hard time as a teen, but I got over it." Instead, say, "Tell me more about how you're feeling." Then listen.
- **BE COMPASSIONATE.**
 - Tell your child you hear her/his pain, that it can get better, that you will make sure she/he gets help, and support them ever step of the way.
- **TRUST YOUR JUDGEMENT.**
 - If a young person denies that she/he is having suicidal thoughts, but you have doubts, trust your intuition. Take further steps to ensure his/her safety.
- **PRIORITIZE SAFETY.**
 - Make sure the child or teen is not left alone and consult a mental health professional right away.

What to Say:

- "Have you ever thought about suicide?"
- "I'm worried about you and how you feel."
- "You mean a lot to me and I want to help."
- "I'm here if you need someone to talk to."
- "I know where to get some help."
- "Let's talk to someone who can help."
- "I can go with you to get help."

Source: *Talking to teens: Suicide prevention*, APA.



To request a presentation, please contact us at (602) 542-2123 or CommunityOutreach@azag.gov. Requests can also be made online at www.azag.gov.

Talk Early, Talk Often.

TALKING TO TEENS ABOUT SUICIDE



RESOURCES

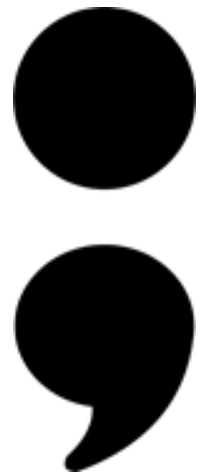
- Office of the Arizona Attorney General
 - www.azag.gov/outreach/suicide-prevention
- National Suicide Prevention Lifeline
 - 1-800-273-8255 (TALK)
 - www.suicidepreventionlifeline.org/
- Crisis Text Line
 - Text START to 741-741
 - www.crisistextline.org/text-us/
- Crisis Respond Network
 - 602-222-9444
 - www.crisisnetwork.org/
- Teen Lifeline
 - 602-248-8336
 - www.teenlifeline.org/
- La Frontera Arizona -Empact Suicide Prevention Center
 - 480-784-1500
 - www.lafrontera-empact.org/
- American Foundation for Suicide Prevention
 - www.afsp.org/chapter/arizona
 - Psychologist locator: www.locator.apa.org
- The Trevor Project (LGBTQ)
 - 1-866-488-7386, Text START to 678-678
 - www.thetrevorproject.org/get-help-now/

Suicide
is the **2nd**
leading cause of
death of youth,
ages 15-24.

*Source: Talking to teens:
Suicide prevention, APA.*

WHERE TO FIND HELP

In an emergency, call 911. If your concerns are less urgent, seek help as soon as possible from a mental health professional. The child's school psychologist might be able to share resources in your community.



**Your story
isn't over.**