

SUICIDE INTERVENTION AND ADVICE FOR PARENTS/GUARDIANS

- Be patient, show love, and seek help for your child with no strings attached
—Show you care —Listen carefully —Be genuine
“I’m concerned about you...about how you feel. I love you.”
- Take all threats and gestures seriously
- Keep communication open
- Closely supervise your child
- Remove all weapons, sharp objects, medications, and other lethal means
- Seek professional mental health assistance (see referral list, consult with your medical insurance carrier for referrals)
- Notify school staff of any changes as well as concerns you have
- Do not be afraid to ask school staff questions and get their assistance. They are there to help you and your child
- Take care of yourself and seek support

WARNING SIGNS OF SUICIDE
<ul style="list-style-type: none"> ➤ Verbal references to suicide ➤ Giving away treasured possessions ➤ Withdrawal from friends ➤ Dramatic changes in attendance ➤ Declining academic performances/failure to complete work ➤ Frequent talk or writing about death/despair ➤ Mood swings ➤ Dramatic changes in personality/appearance ➤ Increased use of drugs and/or alcohol

How to Support Youth	
Avoid	Do
Giving a lot of advise	Learn about the student and their crisis and personal need
Arguing over trivial matters	Be absolutely genuine and truthful
Making moralistic statements about the student in crisis	Encourage talking about feelings and about themselves
Minimizing the crisis situations	Demonstrate respect by being attentive
Discouraging or time-limiting the assessment process	Expect that your presence may be important while talking may be limited (“Silence is Golden”)
	Ongoing monitoring of student
	Listen, no matter what!
	Help identify others to talk to
	Believe in healing and growth

(Adapted from Main Youth Suicide Prevention School Personnel Resources Guide, 2002)