

Suicide Prevention

For Parents

September is National Suicide Prevention Month. Suicide can be a difficult topic to think about and discuss. Focusing on suicide prevention can provide the opportunity to learn about important resources for you and your youth to access and help you to open up the conversation on this important topic.

The 988 Suicide & Crisis Lifeline



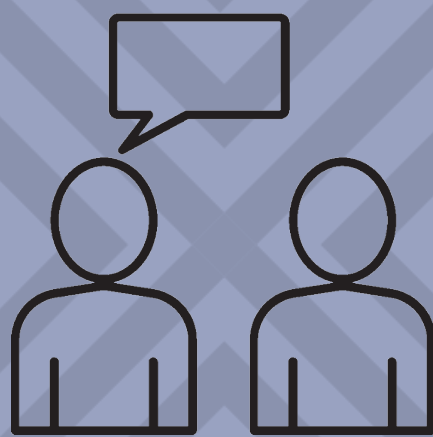
Anyone can connect to this lifeline if they are in need of support or in crisis by calling or texting 988 or chatting at 988lifeline.org. When someone calls, texts, or chats 988, they will be connected to trained counselors that will listen and provide support and resources if necessary.

Normalize Talking About Suicide

Part of the challenge of talking about suicide is the stigma around suicide and mental health in general. Talking about these concerns more often can help to normalize the conversation and reduce the stigma. Normalizing the conversation for you and your family is a process. Some other considerations can be found here: <https://childmind.org/article/why-parents-are-silent-about-mental-illness/>.



Teen Lifeline



Teen Lifeline is another resource aimed at preventing teen suicide in Arizona. Teen Lifeline provides a peer-to-peer crisis hotline and suicide prevention services. Your child can call or text 602-248-8336 to connect with this hotline and talk with other teens. Share this number with your youth in case they need it.

What Else Can I Do?

It is important to be proactive about your child's mental health. One way to do this is to find coping skills that can help them manage their emotions. If you are concerned about your child's mental health, consider mental health services like Touchstone's School Based Services. For information on the program, go to <https://www.touchstonehs.org/school-based-services/>. If your child is thinking about suicide or presents another immediate concern, reach out to professionals or use a crisis line immediately. If they exhibit an immediate danger to themselves or others, call 911.

