

Character Trait
SEPTEMBER

**Concern for
the Common
Good**





SEPTEMBER IS

NATIONAL SUICIDE
PREVENTION
AWARENESS
MONTH

988 Suicide and
Crisis Lifeline

TALKING TO TEENS: SUICIDE PREVENTION

Tools to help prevent youth suicide



AMERICAN
PSYCHOLOGICAL
ASSOCIATION



Express your concern. It's a myth that if you mention suicide, you might plant the idea. By honestly and openly sharing your concerns, you send an important message that you care and understand.



Really listen. Parents can be tempted to shut down an upsetting conversation. Instead, say, "Tell me more about how you're feeling." Then listen.



Maintain connection. Help your child maintain connections with friends and loved ones. Spend extra time with them yourself. Even watching TV or playing video games together sends a signal that you're there.



Be compassionate. Express your love. Tell them you hear their pain, that it can get better, that you will make sure they get help, and will support them every step of the way.



Trust your judgment. If a young person denies that they are having suicidal thoughts, but you doubt their honesty, trust your intuition. Take further steps to ensure their safety.



Prioritize safety. Remove weapons from the house, make sure they are not left alone, and consult a mental health professional right away.