

HOW TO HELP OUR SUICIDAL YOUTH

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WHAT DOES A SUICIDAL YOUTH LOOK LIKE?

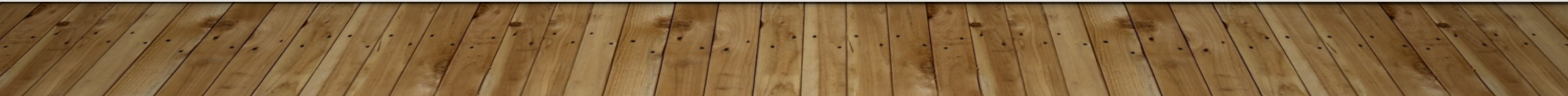
- Anyone!
- Withdrawn
- Change in eating habits
- Anything outside the norm
- NOTHING

WHAT CAN YOU DO?

- Be calm
- Ask them directly about their thoughts about suicide
- Focus on your concern and avoid being accusatory
- Listen
- Reassure them there is help and they will get better
- Do not judge them
- Supervision; constant SUPERVISION; CONSTANT!!!
- Remove means

GET HELP

YOU DON'T HAVE TO DO THIS ALONE



RESILIENCY

THE PRESENCE OF RESILIENCY FACTORS CAN LESSEN THE POTENTIAL OF RISK FACTORS TO LEAD TO SUICIDAL IDEATION AND BEHAVIORS. ONCE A CHILD OR ADOLESCENT IS CONSIDERED AT RISK, SCHOOLS, FAMILIES, AND FRIENDS SHOULD WORK TO BUILD THESE FACTORS IN AND AROUND THE YOUTH.

- Family support, cohesion, good communication
- Peer support and close social networks
- School and community connectedness
- Cultural/Religious belief that discourage suicide
- Adaptive coping and problem solving, including conflict resolution
- General overall life satisfaction, good self-esteem, sense of purpose
- Easy access to medical and mental health care

LET'S EDUCATE OUR KIDS

Educate them about Mental Health and Mental Disorders

Educate parents about mental disorders and suicide risk.

OUR GOAL IS ZERO SUICIDES, NOT EVEN ONE

THANK YOU

QUESTIONS??