

know the signs

Watch and Listen for Clues:

Direct & indirect verbal cues:

- "I don't want to live anymore."
- "I just want to kill myself."
- "What's the point in going on?"
- "Who's going to miss me if I'm gone?"

Failure or trauma:

A poor grade, a move, a relationship breakup, loss of friend or family member

Harassment:

Embarrassment, or bullying by a peer or peer group (especially on social media)

Listen to your parental instincts!

find the words

Use the Q-P-R Method:

Question:

"Are you thinking of killing yourself?"

Persuade:

"Right now, what's going on in your mind is like an injury. Are you willing to go with me to get help?"

Refer:

"I've done some research and found someone we can go talk to together."

**Be loving, avoid lecturing.
Remember asking the question
alleviates some of the pressure
they're feeling. Stay close to your
child, affirm them.**

get the help

Resources:

1-800-273-TALK

24/7 access to trained local counselors

1-800-SUICIDE

24/7 local crisis line

Teen Line

text TEEN to 839863

Contra Costa Crisis Center (CA)

1-800-833-2900

www.crisis-center.org

Discovery Counseling Center (CA)

1-925-837-0505

www.discoveryctr.net

9-1-1

Hospital: _____

Counselor: _____

Pediatrician: _____

Suicide Prevention Resource Sheet