

SOS for Parents Infographic

Acknowledge that you're seeing signs of suicide in your child.

A



Major changes in behavior



Sounding really down or helpless



Talking about suicide



Sleeping more or less



Increased anger or agitation



Withdrawal from family or friends

Care. Show your child that you Care.

You can show you care by being a good listener and asking questions.

Tell me more about it.

C

I'm here for you.

It's OK to feel this way.

There is help available.

Tell a professional.



If you're having concerns about your child **reach out** to their pediatrician or school counselor.

Most people thinking about suicide are struggling with a mental health condition like depression. With professional help, people begin to feel much better.

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Help is always available. If you are concerned about a student, colleague, friend, or yourself – reach out. **Call or text the Suicide & Crisis Lifeline at 988 or text the Crisis Text Line at 741741 for free 24/7 support.**

