Youth Suicide Prevention for Parents

Start Early When it Comes to Talking About Mental Health

• Asking how your kids feel about different events helps them see you as someone they can talk to.

How to Talk to Your Youth

• Stay calm and choose a good time and space.
• Lead with love and check your own feelings.
• Be patient, listen more than you speak and thank them.
• Look for help together.

When it’s a Crisis

Be ready to ask, “Are you having thoughts of suicide?” The question will not put the thought into their head.

Reassure them and say, “I love you and I am here for you. We will get through this together.”
Some Quick Tips and Resources

• Mental health is like physical health — your youth deserves both.
• Make it normal for your family to talk about feelings.
• Watch for signs and symptoms with your youth’s mental and emotional health.
• Never stop checking in with your youth.
• If a youth is in crisis or talks about suicide, don’t wait. Call the National Suicide Prevention Lifeline at 800-273-8255 or 9-1-1 if the danger is imminent.
• Keep crisis hotline numbers, suicide hotline numbers and mental health services numbers in your phone for your own family and others.

Resources

• National Suicide Prevention Lifeline: 800-273-8255, 24/7/365, Eng. and Spa.
• Crisis Text Line: Text TX to 741-741
• The Trevor Project: 866-488-7386, 24/7/365
• County Services Search Page: texashhs.org/countyservicessearchpage

• The Suicide Prevention wallet card is available in PDF format: Eng: texashhs.org/preventionwalletcard Spa: texashhs.org/prevenciondelsuicidio
• HHS Youth Suicide Prevention Page: texashhs.org/youthsuicideprevention