



TEXAS
Health and Human
Services



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](https://www.texashhs.org/countyservicessearchpage)

- **The Suicide Prevention** wallet card is available in PDF format:
Eng: [texashhs.org/preventionwalletcard](https://www.texashhs.org/preventionwalletcard)
Spa: [texashhs.org/prevenciondelsuicidio](https://www.texashhs.org/prevenciondelsuicidio)
- **HHS Youth Suicide Prevention Page:** [texashhs.org/youthsuicideprevention](https://www.texashhs.org/youthsuicideprevention)