

Youth who feel suicidal are not likely to seek help directly; however, parents, school personnel, and peers can recognize the warning signs and take immediate action to keep the youth safe. When a youth gives signs that they may be considering suicide, the following actions should be taken:

- Remain calm.

- Ask the youth directly if he or she is thinking about suicide (e.g., "Are you thinking of suicide?").

- Focus on your concern for their well-being and avoid being accusatory.

Access school supports: If parents are uncomfortable with following through on referrals, they can give the school psychologist permission to contact the referral agency, provide referral information, and follow up on the visit.

Maintain communication with the school: After such an intervention, the school will also provide follow-up supports. Your communication will be crucial to ensuring that the school is the safest, most comfortable place for your child.

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. These include:

Family support and cohesion, including good communication.

Peer support and close social networks.

School and community connectedness.

Cultural or religious beliefs that discourage suicide and promote healthy living.

Adaptive coping and problem-solving skills, including conflict-resolution.

General life satisfaction, good self-esteem, sense of purpose.

Easy access to effective medical and mental health resources.

	602-248-8336 (TEEN)	3-9pm Peer Counseling Suicide Hotline 480-784-1500
intervention	800-442-4673 (HOPE)	Volunteer-staffed online crisis