



Suicide Prevention Tools for Parents of Teens

Here are some tools parents can use to help protect their child from suicide build a strong relationship:

- Take away access to fatal means; 82% of adolescent suicides used a parent's firearm
- Communicate! It may be uncomfortable, but find ways to have discussions about suicide and self-harm with your child
- Ask open-ended questions that lead to discussion
- Be engaged in their life and check in with them often
- Bring up situations in the news to gather their opinion
- Don't accept "I don't know" as an answer

If a child is struggling, the following tips will help them open up:

- Use the child's own words: "what I hear you saying is ..."
- Admit your helplessness: "I don't know all the answers, but we will get through this together"
- Engage the child in problem solving. Help them understand the options to improve their situation
- Work hard to respond in a caring way.
- Help them realize they're not the only one feeling this way

Other ways to help:

- Provide a support system and sense of belonging
- Focus on future goals and help them see the bigger picture
- Help them stay busy and connected in constructive ways
- If needed, connect to mental health services or a support group

24/7 Hotline & Text Lines:

Solvista Health
(719) 275-2351

**National Suicide
Prevention Lifeline**
(800) 273-8255

**Colorado Crisis
Services TEXT line:**
text TALK to 38255

**Crisis YOUTH TEXT
line: text HOME to**
741741

**Colorado Crisis
Services Hotline**
(844)-493-8255