Suicide prevention conversation starters for parents of kids and teens

Crisis Response and Suicide Prevention · https://bridges4mentalhealth.org/hub/crisis-response-and-suicide-prevention/suicide-prevention-conversation-starters-for-parents-of-kids-and-teens/

Talking openly with children about suicide prevention can help them feel safer and more comfortable seeking support if they experience distressing thoughts. Parents should remain calm, loving, and non-judgmental during these conversations, use conversation starters tailored to their child’s readiness, and be prepared to act if warning signs arise by creating a safety plan and seeking professional help if needed.

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