

SOS for Parents Infographic

Acknowledge that you're seeing signs of suicide in your child.

A



Major changes in behavior



Sounding really down or helpless



Talking about suicide



Sleeping more or less



Increased anger or agitation



Withdrawal from family or friends

Show your child that you **C**are.

You can show you care by being a good listener and asking questions.

Tell me more about it.

C

I'm here for you.

It's OK to feel this way.

There is help available.

Tell a professional.



If you're having concerns about your child **reach out** to their pediatrician or school counselor.

Most people thinking about suicide are struggling with a mental health condition like depression. With professional help, people begin to feel much better.

T

Help is always available. If you are concerned about a student, colleague, friend, or yourself – reach out. **Call or text the Suicide & Crisis Lifeline at 988 or text the Crisis Text Line at 741741 for free 24/7 support.**



MindWise
SOS SIGNS OF SUICIDE