



## Fall Lunch 'N Learn Series:

### Should We Talk To Our Children About Suicide?

#### Core Belief #3: ASK Clearly and Directly

**Anyone** can be a risk for suicide and ***stigma and taboo*** make it difficult for people struggling with suicidal thoughts to talk openly.

Expressing our concerns about what we are noticing and exploring what it all means to our child needs to be followed up by asking clearly and directly about thoughts of suicide.

**ASK:** “Are you thinking about suicide?”, “Does it ever get so bad that you think about ending your life?”, “Are you thinking about killing yourself?” are examples of being clear and direct.

If you ask in an indirect way or in a way that would discourage a positive response, you may not get the chance to ask again. You may also indicate to them that you are not comfortable talking about suicide (if you aren't clear and direct) and they may answer how they think you want them to.

Asking clearly and directly is the best way for you to learn what really is going on with your child.

Tutoring can boost your child's confidence! We offer the first one-hour session FREE.

**Contact us Today**



**Beyond the  
Classroom®**

