



Lunch 'N Learn Series:

Should We Talk to our Children about Suicide?

4 Steps to Keep our Kids safe

Step #1 "Tell"

-For many reasons, our children may not just tell us they are thinking about suicide and ask for help. We know that many people do not want to die by suicide and often signal to us that they need help through their behavior, the things they say, the way they feel or things they have experienced.

-It is up to us to notice these signals and start a serious conversation about what they might be feeling and see if it may be connected to them thinking about suicide.

-The way each person invites help is very individual and lists are not exhaustive, but here's a start on what you can look for that may be signs that your child is thinking about suicide.

- Feelings – hopelessness, worry, lonely
- Actions – pain or distress, taking risks, giving away belongings
- Changes – sleep, appetite, interests
- Threats – wanting to die, talking or writing about suicide
- Situations – rejection, loss, failure

<http://www.sptsusa.org/wp-content/uploads/2015/05/FACTS-Green.pdf>



Beyond the Classroom[®]

www.beyondtheclassroom.ca

We offer the first one-hour session FREE. Give us a try!

Contact us Today