



Lunch 'N Learn Series:

Should We Talk to our Children about Suicide?

4 Steps to Keep our Kids safe

Step #4 "Keep Safe"

- If risk is imminent then involve emergency services (local ER or 911)
- If too upset or ability to talk is affected, activate 24 hr monitoring
- Protect against risk – if there is a plan, restrict access to the means (lock up weapons, or pills or belts/rope)
- Involve mental health professionals – make Dr. appt for referrals
- Reduce or omit use of drugs/alcohol (if relevant)
- Do not leave alone (have regular check ins if ok to leave alone)
- Do something with them right now that helps them feel better (take a walk, listen to music, watch a movie, eat, etc.) and make plans to continue these activities

It's important a child or young person gets the right help for mental health problems, suicidal thoughts or self-harm.

There's lots you can do to help improve a child's wellbeing but sometimes you may need to ask professionals for help and support.

It's a really difficult situation, but there are plenty of people who can help.

All potential supports should be ABLE, AVAILABLE and APPROACHABLE.

Do not promise secrecy and take care of yourself!!

<http://www.cheo.on.ca/en/suicideinfo>



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