

# Youth Suicide Awareness & Prevention



## Quick tips for parents and caregivers



Talk to your child about suicide. Remain calm and establish a safe space. Be honest and supportive, and reassure your child that you care.



Know the risk factors and warning signs associated with suicide, such as the ones listed below.



Listen to your child's thoughts and feelings without judgement. Take your child's concerns seriously and try not to minimize his or her problems. Try to be compassionate and understanding.



Help your child identify and connect to caring adults to turn to when (s)he needs guidance and support. Remind your child that it is okay to ask for help.



Remove access to firearms, weapons, and other potentially lethal means. Keep them locked and secured in an area where children cannot get them.



Take action and seek professional help from the school and/or community if you are concerned for the safety of your child.

## Risk Factors and Warning Signs

There are many complex factors that contribute to suicidal behavior. In isolation the risk factors and warning signs listed below are not signs of suicidal thinking. If your child shows some or many of the behaviors below, it is important to be vigilant for warning signs of suicide. If you have concerns for the safety of your child please seek professional help from your child's school or a local mental health agency.



- Access to firearms, weapons, or other lethal means
- Acting out, angry, aggressive, or violent behavior
- Appetite or diet changes
- Arguments with guardian(s)
- Bullying
- Decline in grades or academic performance
- Dramatic change in attitude, mood, behavior, or activity level
- Exposure to suicide of friend, family member, or peer
- Extreme mood swings
- Family history of suicide (attempts or deaths)
- Feeling hopeless, trapped, or in unbearable pain
- Frequent headaches or stomachaches with no known cause
- Health problems (esp. new diagnosis or worsening symptoms)
- LGBTQ+ youth
- Looking for ways to die (researching online or buying items)
- Low self-esteem
- Mental health disorder (depression, anxiety, bipolar, etc.)
- Physical cruelty towards people or pets
- Preoccupation with death or dying
- Previous suicide attempts
- Recent death, or loss of significant relationship
- Reckless or risky behavior
- Reduced interest in previously important activities
- Running away from home
- Saying "goodbye," giving away prized objects
- Self-harm or self-injury
- Sleeping too little or too much, nightmares or night terrors
- Social media posts about dying or suicide
- Substance use
- Suicide mentioned or depicted in writing or art
- Suicide notes, plans, or threats
- Talking about dying or wanting to kill oneself
- Threats to hurt or kill oneself
- Withdrawal or isolation from friends and family

## Resources and Additional Information:

Emergency: 911

American Association of Suicidology: <https://suicideology.org>  
American Foundation for Suicide Prevention: <https://afsp.org>  
Children's Safety Network: <https://childrenssafetynetwork.org>  
The Jason Foundation: <https://jasonfoundation.com>  
The JED Foundation: <https://jedfoundation.org>  
Know The Signs: <https://suicideispreventable.org>  
LA County Dept. of Mental Health: 1-800-854-7771  
<https://dmh.lacounty.gov>

National Action Alliance for Suicide Prevention:  
<https://actionallianceforsuicideprevention.org>  
National Alliance on Mental Illness (NAMI): 1-310-889-7200  
<https://nami.org>  
National Institute of Mental Health: <https://nimh.nih.gov>  
National Suicide Prevention Hotline: 1-800-273-8255  
<https://suicidepreventionlifeline.org>  
Text "Start" to 741-741

National Suicide Prevention (Spanish): 1-888-628-9454  
SAVE (Suicide Awareness Voices of Education): [www.save.org](http://www.save.org)  
Substance Abuse & Mental Health Services Administration  
[www.samhsa.org](http://www.samhsa.org)  
Suicide Prevention Resource Center: <https://sprc.org>  
TEEN-LINE (6PM-10PM): 1-800-852-8336  
Trevor Project (LGBTQ+ youth): 1-866-488-7386  
<https://thetrevorproject.org>



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