

COPING, CARING, AND DEALING WITH SUICIDE

SUGGESTIONS FOR PARENTS

- Take the initiative to approach your child in a kind and concerned manner
- Tell your child that you are talking with him/her out of love and concern
- Tell your child that you are going to continually ask how he/she is doing
- Be persistent
- Encourage consistent and repetitive communication
- Ensure that your child does not blame themselves or others
- Be open and honest about your own feelings
- Encourage that your child maintain consistency in their actions/behaviors
- Encourage social activity-family, friends, clergy, professionals
- Accept your child's feelings
- Educate your child that sadness is a normal reaction
- Be opportunistic when you have the best chance of getting attention
- Be direct in asking questions about suicide
- Focus on coping and recovery rather than graphic details
- Look for warning sign of prolonged grief/depression
- Removal of access to all dangerous items
- Listen, Listen, Listen
- Encourage help-seeking behaviors
- Davis Behavioral Health 24-hour crisis line (801)773-7060
- Resources for students - www.copecaredeal.org

WARNING SIGNS

- Difficulty with attention/concentration
- Loss of interest in daily activities
- Sleep and appetite disturbances
- Social isolation or avoidance
- Talk of death or suicide
- Hopelessness-expressed or indirect
- Extreme mood swings
- Desire to join the deceased
- Drop in school achievement
- Emotional numbness or depression
- Constant crying
- Anger or irritability