BELIEVE you MATTER

How to Talk to Your Child About Suicide

Talking about suicide will not put the idea in your child's head. Instead, it creates space for openness and trust. Kids and teens need to know that they can share hard feelings without fear or shame.

Start the conversation

A calm, honest start makes your child more likely to open up.

- Choose a quiet moment when you're not rushed.
- Use open-ended questions: "How have you been feeling lately?"
- Be honest and direct: "Sometimes people feel so overwhelmed they think about ending their lives. Have you ever felt that way?"

Listen with care

Your presence and attention matter more than having all the answers.

- Stay calm, even if what your child says is hard to hear.
- Don't interrupt or rush to fix everything.
- Avoid saying: "It's not that bad" or "You'll get over it." These statements can make your child feel judged or misunderstood.
- Allowing for silence can invite them to share more.

Respond with support

Let your child know they're not alone and help is available.

- Thank them for trusting you: "I'm glad you told me."
- Reassure them: "It's okay to feel sad, scared or confused."
- Let them know you're on their team: 'We'll get through this together, and I'll help you find the support that you need.'"
- Reach out to a mental health provider, school counselor or school social worker.

Keep the conversation going

Ongoing check-ins build safety and trust over time.

- Ask how they're doing regularly, not just during tough moments.
- Create a home environment where emotions are welcome.
- Model healthy coping strategies and self-care.
- Let your child know they can always come to you

Need help right now?

TEXT, CALL, CHAT

988

Text, call or chat 988 anytime for free, confidential help. Counselors are caring, trained and available to talk in English, Spanish and other languages.

You are not alone. Help is here for you and your child.

Scan QR code or visit **beavertonsd.org/BYM** to learn more.

BEAVERTON SCHOOL DISTRICT