BELIEVE you MATTER

Understanding Youth Suicide Risk

Suicide is one of the leading causes of death among young people. It can affect children and teens from all backgrounds. Recognizing the warning signs and risk factors early can help protect your child's mental health.

Warning signs to watch for

These signs may not always mean your child is thinking about suicide, but they can signal a need for support.

- Expressing hopelessness or worthlessness
- Withdrawing from friends, family or activities
- Neglecting personal hygiene, like showering or brushing their teeth and hair
- Changes in sleep, appetite or mood
- Giving away belongings or saying goodbye
- Taking big risks or acting recklessly
- Sudden calmness after a period of distress

Risk factors to understand

These factors can increase the chances of suicidal thoughts or behaviors, especially if several are present at once.

- Anxiety, depression or other mental health conditions
- Bullying, trauma or abuse
- Family conflict or loss
- Pressure to succeed or fit in
- Feeling isolated or misunderstood
- Access to lethal means like firearms or medications

Things that help

You don't have to be an expert. Just being present, listening and showing that you care can help your child feel less alone.

- Strong relationships with family, friends and trusted adults
- Safe, judgement-free spaces to talk about emotions
- Feeling connected at school and in the community
- Support for cultural identity and belonging
- Access to mental health care

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