BELIEVE you MATTER

What Parents of Young Children Should Know About Suicide Risk

It's hard to imagine a child feeling hopeless, but it can happen — even in the early years. Understanding the signs and knowing how to respond can help keep your child safe and supported.

What to watch for

Children may not always have the words to express emotional pain. Look for signs like:

- Frequent sadness, irritability or anger
- Withdrawal from friends, family or play
- Changes in sleep, appetite or energy
- Acting out or showing sudden changes in behavior
- Talking about death or saying things like: "I wish I wasn't here."

Some of these behaviors may be part of normal development, but when they persist or seem intense, they may signal emotional distress.

How to support your child

- Stay calm and listen without judgment.
- Validate their feelings. Let them know it's okay to talk about big, difficult emotions.
- Use simple, honest language: "Sometimes people feel so sad they don't know what to do. If you ever feel that way, you can always talk to me."
- Create routines that help your child feel safe and connected.
- Reach out to your child's pediatrician, teacher, school counselor or school social worker, if you're concerned.

Make your home safer

- Talk regularly with your child about what they see, especially online.
- Store cleaning products and sharp objects out of reach.
- Lock up medications.
- Keep firearms locked and unloaded; store ammunition separately.

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