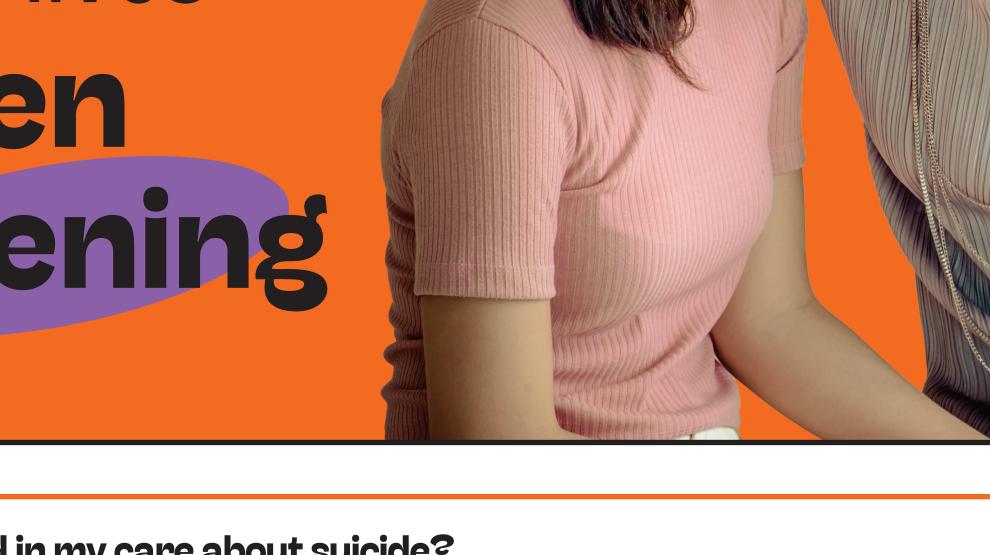


## Conversations can save lives Be open to listening



## How do I talk to a child in my care about suicide?

Discovering your child or a youth in your care might be considering suicide is overwhelming. Take a deep breath – you don't need perfect words, just a willingness to be present.

- Ask directly: "Are you thinking about suicide?" This question won't put ideas in their head; many youth actually feel relief when someone brings it up.
- Listen to understand, not to fix. Young people value authentic support over rehearsed responses.
- Reassure them they're not a burden. Many youth hesitate to share because they worry about troubling others.

## Remember: Building trust matters more than saying the "right thing."

Talking or texting about suicide or making specific plans.	Expressing feelings of hopelessness about their future.	Showing intense emotional pain or distress.	Giving away things they care about.	Displaying concerning changes in behavior, mood, or habits.	Speaking about being a burden to others or having no purpose.
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**Call the Suicide and Crisis Lifeline at 988 any time** (24/7) to get help right away.



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