



# 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."***

## Signs to watch for:

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.

To learn more, [visit NeveraBother.org](https://NeveraBother.org)

Call the Suicide and Crisis Lifeline at 988 any time (24/7) to get help right away.

