

SUICIDE PREVENTION TOOL FOR **PRIMARY CARE**

FOR PROVIDERS:

- **Asking the questions about suicide is not going to cause suicidal thoughts**

- Does your child currently have thoughts of suicide or dying?
- Does your child wish/desire to die?

If yes to either of the above questions, here are some immediate steps parents can take:

- **What do I do in the emergent situation (How do I counsel patients?)**

- **Simple Solutions** (E.g. Get rid of Tylenol, narcotics, weapons)
- **Removing Access to all Sharps** (Kitchen knives, razors, pencil sharpeners, exacto knives)
- **Removing Toxic Chemicals, all OTC & Prescription Medications**
- **1st Recommendation: Increase Supervision** (Don't go more than 10 minutes without laying eyes on your child)
- **Guns in the Home Should be Locked up & Inaccessible to Kids**

CRISIS SERVICES

24 HRS 7 DAYS/WK

CRISIS ASSESSMENT TEAM

(866) 830-6011 or
(714) 517-6353

NATIONAL SUICIDE HOTLINE

(800) 273-8255

CRISIS TEXT LINE

Text "Home" to 741-741

OC CRISIS PREVENTION HOTLINE

(877) 727-4747

OTHER RESOURCES

THE OC WARM LINE

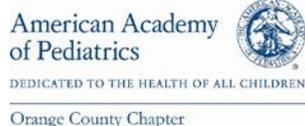
(877) 910-9276

NAMI – OC CHAPTER

(714) 544-8488

OC HEALTHCARE AGENCY INFO LINE

(855) 625-4657



SUICIDE PREVENTION TOOL

FOR PARENTS:

As children grow into teenagers, it becomes challenging for parents to know what they are thinking and feeling. It's important to learn about the factors that put a teen at risk for suicide.

1. Don't let your teen's depression or anxiety snowball.

Maybe your child is having a bad day, but maybe it's more if this mood has been going on. Let's not wait for children to come to us with their problems. Knock on the door, sit down, and say, "You seem sad. Would you like to talk about it? Maybe I can help."

2. Listen—even when your teen is not talking.

Most kids who are thinking about suicide clue their troubled state of mind through behaviors and actions. If your instinct tells you that a child might be a danger to himself, follow your instincts and don't allow him/her to be left alone.

3. Never shrug off threats of suicide as typical teenage melodrama.

A written or verbal statement of "I want to die," or "I don't care anymore" should be nonjudgmentally taken into consideration. People who openly threaten suicide don't really intend to take their lives, but the threat is a plea for help.

4. Seek professional help right away.

If your child's behavior has you concerned, get help. Call your local mental health crisis support team or go to your local emergency room if you think your child is suicidal.

5. Share your feelings.

Let your teen know he/she is not alone. Without minimizing the anguish, reassure that bad times won't last forever. Things will get better and you will help your child through counseling and other treatment to make things better for him/her.



6. Encourage your teen not isolate himself or herself from family and friends.

It's usually better to be around other people than to be alone. But don't push if he or she says no.

7. Recommend exercise.

Physical activity can ease mild to moderate depression. Exercise causes a gland in the brain to release endorphins, a substance that can improve mood and ease pain. Exercise also makes them feel better about themselves.

8. Urge your teen not to demand too much of himself or herself.

Limit major responsibilities. Suggest that he or she divide large tasks into smaller, more manageable ones and participate in favorite, low-stress activities. The goal is to rebuild confidence and self-esteem.

9. Remind your teen who is undergoing treatment not to expect immediate results.

Talk therapy and/or medication usually take time to improve mood. Your child shouldn't become discouraged if he or she doesn't feel better right away.

10. If you keep guns at home, store them safely or move all firearms until the crisis has passed.

If you suspect your child might be suicidal, it is extremely important to keep all firearms, alcohol, and medications under lock and key.

Taken from "Ten Things Parents Can Do to Prevent Suicide" at www.healthychildren.org