

# SUICIDE PREVENTION

## Action Checklist

Our goal is to provide you with actionable steps to promote mental health awareness and prevent suicide among children and teenagers. This checklist offers a structured approach to address these crucial issues. By being prepared, you can actively engage with your children, build trust, and support responsible decision-making, ultimately reducing the risk of suicide and its potential consequences.

- Know warning signs and behaviors
- Know the risk factors
- Encourage compassionate and empathetic conversation
- Foster a comfortable environment for your child to feel safe talking to you
- Make sure the timing is right, and make it a priority
- Note what questions you are going to ask your child, to include your “pulse check” question
- Think through the objections your child may have and what positive responses you could offer
- Know what resources are available in your area in case they are needed