

# SUICIDE PREVENTION

## Conversation Tips By Age

Discussions about mental health and suicide prevention with your children can be a sensitive and challenging responsibility. We recognize the significance of addressing this critical issue and are committed to providing you with valuable insights, along with the necessary guidance, resources, and support to navigate these conversations effectively. Engaging in an open, non-judgemental conversation with a teen about their feelings, mental health, and well-being is key to maintaining their emotional safety. At WY We Talk, we strive to empower parents, equipping them with practical strategies, expert advice, and actionable tips that foster a safe and open dialogue. Together, we can make a difference. This is Wy We Talk.

## HIGH SCHOOL

High school is a critical period where discussing suicide prevention becomes increasingly vital. Struggles with mental health and the impact of suicidal ideation during this time can have profound and lifelong consequences for teenagers, and it is crucial to have ongoing conversations about suicide prevention at this stage of their lives. It is important to acknowledge that teenagers often face pressure to conform and may encounter peers engaging in risky behaviors. As parents, it is essential to approach these conversations with a non-judgmental attitude, creating a safe space for open dialogue. By fostering understanding and empathy, we can better support our teenagers and address the challenges they may encounter. If any immediate concerns arise or a child expresses thoughts of self-harm or suicide, seek professional help promptly. Here are some talking points to consider when discussing suicide prevention:

- 1 How are you feeling about your current school load? Is your stress level manageable?
- 2 Why do you think people would consider suicide?
- 3 What should you do if you start to have feelings like that?
- 4 Are there any specific concerns or worries that you have about bullying?
- 5 Can you tell me about a time you felt alone or misunderstood? Can you tell me some ways you worked through that?
- 6 What role do you feel social media plays in your mental health?

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- 7 Have you noticed any changes in your friends' or classmates' behaviors or moods that worry you? How can we support them?
- 8 Have you ever been in a situation where someone around you was talking about hurting themselves or suicide? How did you feel?
- 9 Have you ever heard anyone talking about suicide or self-harm at school or online? What are your thoughts on these conversations?
- 10 What role do you think parents and schools should play in educating young people about suicide prevention?