

# 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.

## MIDDLE SCHOOL

Engaging in conversations about suicide prevention with middle schoolers is crucial. This stage of their lives is marked not only by physiological changes, but by various influences and exposure to new experiences as well, making it essential to address the topic proactively. The aim is to initiate these conversations before any signs of distress arise or suicidal thoughts become a serious concern. Remember, these conversations should be ongoing and adapted to the needs and maturity level of your middle schooler. Encourage them to ask questions, and provide a safe space for open dialogue. 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 **Have you noticed any changes in your mood or emotions lately? Are there times when you feel sad, anxious, or overwhelmed?**
- 2 **What should you do if you start having feelings like that?**
- 3 **Are there any times you feel really sad or really anxious? Can you tell me about a time that you have felt that way?**
- 4 **Are there any specific concerns or worries that you have about bullying?**
- 5 **Have you ever heard anyone talking about suicide or self-harm at school or online? What are your thoughts on these conversations?**
- 6 **Are there any worries or pressures you have that you think might be too much to handle on your own?**

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- 7 Who do you feel most comfortable talking to when you need support or someone to listen to you? Are there things I can do to help you feel supported?
- 8 Do you feel you have a healthy relationship with everyone in our family? If not, what are things I can do to help?
- 9 What are some ways that we can work together to create a safe and supportive environment for everyone?
- 10 If one of your friends told you that they were having suicidal thoughts, what are things that you could do?