

# 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.

## YOUNG ADULT

As your child grows into a young adult, they are going through many life changes and are experiencing pressures in regards to relationships, work, continued education, and much more. The conversation shifts into thinking about mental health and the support systems put in place for a person in their young adult phase of life. As always, we want to come off non-judgmentally and help steward a productive conversation. We can be a resource for how to get out of scary situations, we can provide a support system for our children, and use this as an opportunity to build trust so that if those situations occur, they will reach out to you for help and the help of others. If any immediate concerns arise or your 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 transition to college/work? Is there anything particularly challenging for you?**
- 2 **Have you noticed any significant changes in your mood or behavior lately? I want you to know that I'm here to listen and support you.**
- 3 **Adulthood can be stressful at times. How are you coping with stress? Are there any strategies or resources that you find helpful?**
- 4 **I've heard about the rising rates of mental health concerns among young adults. What are your thoughts on this issue?**
- 5 **What role do you feel social media plays in your mental health?**

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- 6 Are you aware of the mental health services available to you? Have you ever considered reaching out to them?
- 7 Have you ever heard anyone talking about suicide or self-harm at school or online? How do you think we can help those in need?
- 8 If you were concerned about a friend's well-being, do you know who you could turn to for support or guidance?
- 9 Do you think there is enough awareness about mental health and suicide prevention on campus or at work? What more do you think can be done?