

SOS for Parents & Caregivers

When teens are struggling with depression or thoughts of suicide, it is common for them to turn to each other. This is why it's important for every student to know when to ACT.

How to **ACT**

1. **Acknowledge** signs of suicide.
2. Show their friend they **Care**, and
3. **Tell** a trusted adult.

Students are learning to look out for warning signs of suicide, such as:



Major changes in behavior, appearance, eating, or sleep.



Sounding hopeless, trapped, or overwhelmed.



Talk of death or wanting to kill themselves.

If they spot signs of suicide in themselves or a friend:

Students are encouraged to reach out to a trusted adult at school or home. Keep communication lines open by:

- **Talking openly about mental health and life stressors** so they feel more comfortable sharing their struggles.
- **Taking their concerns seriously.**
- **Listening without judgement.**
- **Connecting them to help.** Reach out to their pediatrician or the school counselor. Call or text the Suicide & Crisis Lifeline at 988 for free 24/7 support.

Tell me more about it.

That sounds really painful and upsetting.

I'm here for you.

There is help available.

It's okay to feel this way.



Visit [MindWise.org/parents](https://www.mindwise.org/parents) or scan the QR code to learn more about youth suicide prevention.