

Is your child expressing suicidal thoughts?

Are they...?

- Aggressive or angry
- Expressing that they wish they were dead
- Withdrawing themselves from situations
- Feeling useless or worthless
- Expressing self-loathing
- Worried/anxious or restless
- Fixated with death
- Lacking motivation



It's important that you and your child know that suicidal thoughts do not always mean that someone wants to take their own life, it is a scary time for both your child and you!

TOP TIPS

- Expressing suicidal thoughts doesn't always mean you want to die, sometimes it's about wanting a certain situation or a feeling to stop, these thoughts and feelings should be explored with your child.
- Reassure them that you are listening and hear what they are saying.
- Get professional support for you and your child, early intervention is crucial.
- Being mindful of the warning signs and risk factors that may increase your child's risk of suicidal thoughts is important.
- Maintain a safe environment, recognising and removing any items which may pose a risk.
- Keep school informed, so that they can support your child and make any necessary referrals.
- This can be a very difficult and scary issue for you to discuss and cope with, please seek further help/support for yourself.

If you need help for your emotional wellbeing and mental health, the NHS Calderdale CCG website offers tips, information and guidance:

<https://www.calderdaleccg.nhs.uk/wellbeing/>

For more tips, information & support go to
www.openmindscalderdale.org.uk