EXPRESS YOUR CONCERN.
- By honestly and openly expressing your concerns, you’ll send an important message that you care and understand.

REALLY LISTEN.
- Parents can be tempted to shut down an upsetting conversation by saying, “I don’t want to hear those things,” or “I had a hard time as a teen, but I got over it.” Instead, say, “Tell me more about how you’re feeling.” Then listen.

BE COMPASSIONATE.
- Tell your child you hear her/his pain, that it can get better, that you will make sure she/he gets help, and support them ever step of the way.

TRUST YOUR JUDGEMENT.
- If a young person denies that she/he is having suicidal thoughts, but you have doubts, trust your intuition. Take further steps to ensure his/her safety.

PRIORITIZE SAFETY.
- Make sure the child or teen is not left alone and consult a mental health professional right away.

What to Say:
- “Have you ever thought about suicide?”
- “I’m worried about you and how you feel.”
- “You mean a lot to me and I want to help.”
- “I’m here if you need someone to talk to.”
- “I know where to get some help.”
- “Let’s talk to someone who can help.”
- “I can go with you to get help.”

Source: Talking to teens: Suicide prevention, APA.

To request a presentation, please contact us at (602) 542-2123 or CommunityOutreach@azag.gov. Requests can also be made online at www.azag.gov.
Talk Early, 
Talk Often. 
TALKING TO TEENS ABOUT SUICIDE

RESOURCES

- Office of the Arizona Attorney General
  - www.azag.gov/outreach/suicide-prevention
- National Suicide Prevention Lifeline
  - 1-800-273-8255 (TALK)
  - www.suicidepreventionlifeline.org/
- Crisis Text Line
  - Text START to 741-741
  - www.crisistextline.org/text-us/
- Crisis Respond Network
  - 602-222-9444
  - www.crisisnetwork.org/
- Teen Lifeline
  - 602-248-8336
  - www.teenlifeline.org/
- La Frontera Arizona -Empact Suicide Prevention Center
  - 480-784-1500
  - www.lafrontera-empact.org/
- American Foundation for Suicide Prevention
  - www.afsp.org/chapter/arizona
  - Psychologist locator: www.locator.apa.org
- The Trevor Project (LGBTQ)
  - 1-866-488-7386, Text START to 678-678
  - www.thetrevorproject.org/get-help-now/

WHERE TO FIND HELP

In an emergency, call 911. If your concerns are less urgent, seek help as soon as possible from a mental health professional. The child’s school psychologist might be able to share resources in your community.

Suicide is the 2nd leading cause of death of youth, ages 15-24.

Source: Talking to teens: Suicide prevention, APA.

Your story isn't over.