

# Guide for talking to your child about suicide:

Discussing Suicide is difficult but important. Teens/Children may not talk about it or they may repeatedly ask about it. Teens need age appropriate information from a trusted adult. Telling the truth is essential. Talk about and remember the person who died. Provide opportunities to talk and creative outlets and activities to express reactions. Share your feelings of grief. Stay away from blame of anyone. Be gentle and nonjudgmental. Reassure the child you will be there for them.

## Resources:

Local Crisis Lines: 800-719-4418(take walk-ins)  
1-715-472-3377

National:1-800-273-Talk

Survivor Groups:920-750-9091,920-230-4840,715-346-5401

Local grief groups: Trinity Church

Youth web:teenlineonline.org (texting option)

Grief group for children and teens:920-731-0555

www.save.org, www.yellowribbon.org

Thedacare 256-1475,Ministry 715-344-4611

County258-6300, Local Churches and Schools

Please note:there are many resources, websites, numbers to call, grief, and survivor groups. Please search internet or call an above number if what you need is not listed. Creating living memorials by joining in prevention efforts is recommended.

## Why?

Suicide involves complex factors and not the result of a single event. Some questions may remain as to why.

## Reactions(may include):

Physical Symptoms,Feeling shock and numbness,sense of disbelief and events seem unreal,loss of concentration,guilt for not being able to prevent the death. Anger at person, self, others, God. Anxiety and worry. Deep sadness. Possible stages of depression,anger,bargaining, denial,acceptance.

## What Helps?

Work at understanding your child experienced a traumatic loss. Be patient with your child and others reactions and feelings. Encourage them to seek out comfort of people close to them. Discuss loss with other survivors. Gain information through reading and using resources. Be a source of support and watch out for friends of your child as well.