

Is someone talking to your kid about suicide?

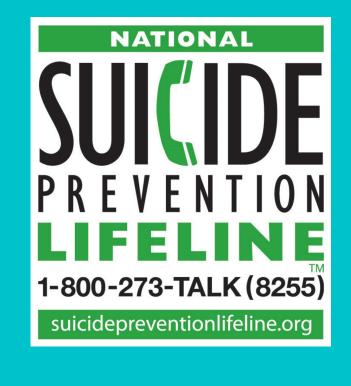
20% of youth have thoughts of suicide

They are more likely to talk to a friend than an adult.

What to do:

- Ask your child if they have thoughts of suicide or if a friend has told them that they're having thoughts of suicide.
- Reassure them that it's safe to talk about.
- Listen without judgement and validate their feelings.
- Put crisis support hotlines in their phone contacts for themselves or to give to a friend.
- Contact your child's school or a suicide prevention hotline for guidance.







For more information, visit the IDPH website:

https://www.dph.illinois.gov/topics-services/prevention-wellness/suicide-prevention