



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>