



# LEARN TO ACT

## HOW TO HELP YOUR CHILD SAVE A LIFE

Our school uses SOS Signs of Suicide, a national prevention program that educates students about warning signs for suicide and encourages them to ACT (Acknowledge, Care, and Tell a trusted adult) whether they have concerns about themselves or a friend. How would you respond if your child told you their friend might be thinking about suicide? **Check in with your child to:**

**Acknowledge** any concerns they have about the way a friend is talking or acting.

**Care:** Show them how much you care by listening and taking their concerns seriously.

**Tell:** Reach out to their friend's parents or contact the school for support. Never keep a secret when concerned about the safety of a child.

## TALKING TO YOUR CHILD

Take some time to start a conversation about mental health. This can be tough for families as often in our society, mental health isn't discussed openly like physical health. Feelings of depression or anxiety are often hidden because youth are confused, embarrassed, or ashamed. You can help protect your child and their friends by talking to them.

- » **Ask open-ended questions.** Let your child steer the conversation to what they want to talk about.
- » **Don't rush to solve their problems.** Instead, ask what they think would help a situation.
- » **Be available and make sure your child knows it.** "I'm around if you want to talk later" may help.
- » **Try talking on a walk.** The relaxed atmosphere makes it easier for some kids to open up.

## CONCERNED ABOUT YOUR CHILD?

Take a Mental Health Screening >>

<https://screening.mentalhealthscreening.org/sos>

## NATIONAL RESOURCES

**Suicide & Crisis Lifeline:** call or text 988 for free 24/7 support.

**Crisis Text Line:** text 741741 for free 24/7 support.

**Substance Abuse and Mental Health Service Administration Helpline:** 1-800-662-HELP (4357)

**SAMHSA Treatment Locator:** <http://findtreatment.samhsa.gov>