



BlueResourceSM – Emotional Wellbeing – Protecting Kids from Suicide

How you Can Prevent Suicide in Children and Teens

Kids can be moody. School, peer pressure and raging hormones can cause a few meltdowns or times of sadness. So how do you know if your child is dealing with something more serious? Suicide is a leading cause of death among young people 10 to 24 years old. Here are some ways you can help protect your children.

Watch for warning signs. Stay tuned in to your kids. Are they withdrawing from friends? Making poor grades? Giving their things away? These could be cries for help.

Talk to your child. Find out what's going on in their head. Have an open conversation. Listen to them and don't be afraid to ask, "Are you thinking of harming yourself?"

Tell your kids you love them. Assure them that you're there for them. Let them know how important they are.

Get professional help. Know when to bring in experts. Understand that trying to handle it alone can be dangerous. Connect with people who know how to help your child.



Give your child love and support when they're struggling.

Sources: *What to Do if You're Worried About Suicide.* Child Mind Institute. 2022.
Teenage Suicide Statistics. American Society for the Positive Care of Children. 2022.

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