

 PARENTS

Working Together To Give Our Youth A Promise For Tomorrow

Parents

As parents, you can educate yourselves about the magnitude of the problem. Below is a list of things you can do in your own home and community for the awareness and prevention of youth suicide

Educate yourself about the magnitude of the problem, the signs of concerns and the tools of prevention

Encourage your local school system to incorporate a suicide awareness and prevention curriculum into their guidance or health/wellness programs

Encourage the administration of your local school to provide staff training for all school personnel.

Encourage your local schools and youth organization sot place American Behavioral Clinics on their website as a resource for help and guidance

Encourage your local service organizations, churches, and community centers to become aware of the problem of youth suicide and its prevention opportunities

Watch and listen to your children and pay attention to sudden changes in behavior that cause you concern

Be willing to seek professional heal and guidance if you feel your child is becoming depressed or contemplating hurting himself/herself

Talk openly and honestly with your child or your child s friends about your concerns and be supportive in helping them cop with their feelings