



# NOVEMBER: SUICIDE AND SELF HARM

## – What Caregivers Need to Know –

### The Basics

Worried your child is at risk for suicide or self-harm? This is a scary topic for any parent, but you don't have to face it alone. Here are some resources to help guide you.

### Common Warning Signs

- Extreme moodiness or irritability
- Unusually withdrawn or isolated
- Talks excessively of death and dying
- Asks if others would miss them if they were gone
- Gives away possessions
- Says things like "I'm over it all"
- Makes comments about hurting themselves
- Signs of self-harm might include cuts, scratches, burning/branding, hiding their skin, changes in mood, a fascination with self-harm, isolation & changes in mood

### Questions to Ask Your Child:

1. You've seemed off lately. How are you REALLY doing?
2. What do you mean when you say/ask \_\_\_\_\_?
3. Have you thought about hurting or killing yourself?
4. It's important that we find you help. Would you rather have me do this or have us find someone together?

#### Additional Resources

- Article: [Teens and Suicide: What Parents should know](#)
- Website: [988 Lifeline](#)
- Website: [Suicide Prevention Resource Center](#)

There are many resources you and your child can access for support. Your school's wellness team may be one resource.

In addition, the following resources exist to support you all:

For immediate emergency assistance: 911

National Suicide & Crisis Lifeline: 988

CHAMPS 24/7 mobile crisis support: 202-481-1440 (For Washington DC residents ages 6 to 17)