

Not My Kid:

What Every Parent Should Know About Teen Suicide

SPTSusa.org/NotMyKid

Not every child is at risk for suicide, but we have known too many parents who felt the way you do – that their kids were just having normal teenage problems and missed what they later realized were ‘warning signs’ of suicide.

It's okay to have the conversation.

Youth need support from their loved ones during the many ups-and-downs of their teen years. You can help them grow and develop strategies for dealing with the changes that come their way. Sometimes, just asking your teen how they're feeling can help. Validate their feelings. Help them learn how to care for themselves and cope in healthy ways. The best way to show your teen you care? Be there. Have a talk with your teen.



NOT MY KID: What Every Parent Should Know About Teen Suicide is a free web-based program brought to you by the **Society for the Prevention of Teen Suicide**. This program is available in English and Spanish and is designed to offer guidance and support to you, the parent and guardian, including:

- Increase parental knowledge of warning signs of suicide risk for youth.
- Answer commonly asked questions about youth suicide.
- Teach parents how to have a conversation with their child about youth suicide in a safe way.
- Clarify misinformation about youth suicide.
- Discussion and list of resources.

Suicide is preventable... It is important to educate yourself about the warning signs.



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