

# Is Your Teen Thinking of Suicide?

**Teen Suicide** (killing yourself) can be a scary thought for parents. Here are some signs that a teenager might be thinking about suicide.

## Signs Your Teen May Be Thinking of Suicide:

- Your teen talks about or writes about
  - suicide
  - death/dying
  - feeling trapped or hopeless about a situation
  - things being better without them
- Your teen stops talking to family or friends and spends a lot of time alone.
- Your teen has mood swings.
- Your teens sleeping or eating pattern changes.
- Your teen is using drugs or drinking alcohol.
- Your teen doesn't want to do the activities they used to like.
- Your teen stops caring about how they look.
- Your teen starts doing risky or self-destructive things.
- Your teen is giving away personal items that were special to them.
- Your teen is very impulsive and engages in risky behavior
- Your teen secures access to lethal means, e.g. stocking medications, gaining access to guns.



## Where Can My Teen Get Help?

If you're concerned that your teenager might be suicidal, get help.

- Call Passport's 24-hour Behavioral Health/Crisis Line at **1-844-800-5154** -or-
- Call the National Suicide Prevention Lifeline at **1-800-273-8355** or text **"HOME"** to **741741**.

When you call for help, counselors will talk with you or your teen and help you decide on next steps.

If your teen is in immediate danger, call 911 or take them to the emergency room.

Teens who are LGBTQ+ may be at a higher risk for suicide.

Here are some helpful LGBTQ+ resources and hotlines:

### • The Trevor Project

Hotline for LGBTQ Students

**1-866-488-7386**

**[www.thetrevorproject.org](http://www.thetrevorproject.org)**

TrevorText - Available Fridays

(4:00 p.m. - 8:00 p.m.).

Text "Trevor" to **1-202-304-1200**.

TrevorChat - Available 7 days a week

(3:00 p.m. - 9:00 p.m.)

### • Trans Lifeline 1-877-565-8860

Hotline for people who identify as transgender experiencing a crisis.



Many teens have other things going on that can contribute to stress, depression, or anxiety. These feelings can increase the risk of suicide.

**These things include:**

- There is a family history of suicide, substance use disorder, or violence.
- Your teen has a behavioral health diagnosis or is using drugs or alcohol.
- Your teen is experiencing a stressful life event for the first time
- Your teen has been abused or bullied or has experienced recent trauma.
- Your teen has been exposed to suicidal behaviors such as from family, friends, in the news or in fiction.
- Your teen had a recent conflict with close family or friends



## 3 Easy Ways to Help Teens

Here are some steps to help your teen cope with difficulties and stressors.

1. Encourage your teen to talk with you about all aspects of their lives. Show an interest in what they do and let them know it's OK to tell you if they are struggling. Listen and be respectful of what they say.
2. Remind your teen that you love them and that they are important to you. Frequently affirm the things they do well.
3. Promote a positive life-style through good nutrition, adequate sleep, exercise, and positive social activities such as sports, youth groups, or volunteering.



If you are concerned about your teen, Passport covers the cost of mental health services. If you are not sure where to start, call us at **1-800-578-0603 (TTY: 711)**. We want to help you and your teen get the care you need!