



LOCAL AGENCIES PROVIDING HELP

Long Beach Child & Adolescent Program
8AM-5PM
(562) 599-9271

Harbor UCLA Medical Center
24-Hour Hotline
(800) 854-7771

Teenline
6-10 PM
(800) 852-8336

Suicide Prevention
24-Hour Hotline
(877) 727-4747

Poison Control Hotline
(800) 876-4766

For Emergencies Dial 911



STUDENT SUPPORT SERVICES K-12
235 East Broadway, Suite 800
Long Beach, CA 90802
Ph: (562) 997-8000 X 7141

Approved by:
Karen T. Hilburn
Director

Long Beach Unified School District

**A Parent Guide to
Suicide
Prevention**

Suicide is the sixth leading cause of death among children under the age of 15 and the second leading cause of death among young people ages 10 to 19.

Parents can play an important role in preventing youth suicide by recognizing the danger signs, responding appropriately and knowing where to go for help.



What Parents Can Do to Help

Know what to look for and how to respond

BE AWARE OF WARNING SIGNS

Almost everyone who attempts suicide gives warning signs. When a child exhibits one or more of these behaviors, there might be a serious problem.

- Talks about committing suicide: has a plan, a means and a time frame for carrying it out
- Has previously attempted to commit suicide
- Demonstrates dramatic changes in behavior, school performance or attendance
- Withdraws from friends and/or social activities
- Loses interest in hobbies, work, school or personal appearance
- Prepares for death by making out a will or giving away prized possessions
- Acts out with violent, impulsive behavior
- Takes unnecessary risks
- Shows evidence of death themes in conversation, writing, reading selections or artwork
- Increases use of alcohol or drugs
- Expresses hopelessness, helplessness and anger at self or others

LISTEN WITH EMPATHY

- Listen attentively without interrupting
- Show interest and concern
- Allow expression of feelings
- Avoid a judgmental, angry or irritated tone of voice
- Don't minimize or dismiss problems
- Take suicidal threats seriously
- Avoid providing simple solutions

BE HONEST AND SUPPORTIVE

Ask your child directly if he/she is thinking about committing suicide and whether there is a plan, a means and a time frame for carrying it out.

- Never agree to secrecy when your child discloses danger to self
- Let your child know that by sharing this information, you can help to ensure his/her safety
- State that you will be there to provide comfort and love
- Let your child know that negative feelings will not last forever

KNOW WHEN TO GET HELP

If a child has a specific plan, a means and a time frame for committing suicide, this is a high risk situation. Seek help immediately by calling 911. Don't allow the child to be alone, and make sure all dangerous objects are removed from the area.

If the situation does not appear to be high risk, you should still call a local agency as soon as possible. Get assistance for your child and maybe, for the whole family. When you are close to a situation, it is often hard to see it clearly. Professional help is crucial when something as serious as suicide is considered.

Become familiar with the youth suicide prevention program in the Long Beach Unified School District. When you need assistance, contact your child's school administrator, counselor, psychologist, social worker or nurse. The Office of Student Support Services can also provide resources and support.

