



TIPS FOR PARENTS/GUARDIANS:

KEEPING YOUR CHILD SAFE

WARNING SIGNS AN EMERGENCY MAY BE COMING:

1. A previous suicide attempt
2. Talking about not wanting to be alive, wanting to die, or wanting to kill oneself.
3. Looking for methods to kill oneself, such as online searches for means to carry out an attempt.
4. Talking about feeling trapped, hopeless, depressed or being a burden to others.
5. Engaging in self harm and/or increase in high risk behaviors (e.g. drug or alcohol use, recklessness)
6. Noticable change in appetite, sleeping habits, and/or hygiene.
7. Pronounced change in school grades.
8. Significant changes in usual behavior (e.g. loss of interest in doing things).
9. Emotional distress due to the loss of a loved one through death, divorce, or end of a relationship.
10. Low self esteem and/or feelings of worthlessness.
11. Suddenly not caring for or giving away prized possessions.
12. Sudden withdrawal or isolation from others.
13. Being suddenly very happy after a prolonged episode of depression (sometimes the reason the depression seems to have lifted is the person has decided to go ahead with the suicide attempt).

WARNING SIGNS IN YOUNGER CHILDREN:

Noticing troubling behaviors in young children can actually be harder to recognize. Keep in mind that some of these can also be symptoms or signs of mental health conditions that may or may not be accompanied by suicidal thoughts.

1. Frequent tantrums
2. Complaints about headaches and stomachaches
3. Talking often about fears and worries
4. Having difficulties at school
5. Experiencing frequent nightmares

HOME PRECAUTIONS: SECURE/LOCK-UP/ REMOVE

1. GUNS AND FIREARMS SHOULD BE REMOVED FROM THE HOUSE IMMEDIATELY.
2. Knives and sharp objects: scissors, razors, razor blades, kitchen knives, hunting/sporting knives, decorative knives or swords, and sharp tools.
3. All medicines including aspirin, Tylenol, vitamins and prescription medications.
4. Ropes, cords, extension cords, belts, and dog chains/leashes.
5. Flammables such as matches, lighters, gasoline, kerosene, household cleaners/chemicals
6. Inhalants such as glue, paint and turpentine.
7. Monitor online access to delivery services (Amazon, Uber, Door Dash, etc) that could be used to access items that may be harmful.

HOME PRECAUTIONS: SUPERVISION

1. Do not allow them to be alone in their room with the door closed for longer than 10-15 minutes without checking on them.
2. Be aware of how long they are spending in the bathroom and check on them if the time seems excessive, if you don't hear noise or if you have other concerns.
3. Clearly monitor or prohibit internet use (phones, iPads, chromebooks, laptops, smartwatches etc).
4. Do not leave your child home alone without adult supervision.
5. Attempt to keep things calm. If you are unable to maintain a safe and calm environment, or if you need assistance, the following resources on the back of this sheet may be of help.

★ **Research shows that as many as 1 in 3 youth suicides occurred within 24 hours of a crisis such as an arrest, family argument, or relationship break up. If we can identify a stressor, we have the chance to intervene and support. Trusted adults are the first line of defense.**



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RESOURCES

EMERGENCY RESOURCES

- ★ Psychiatric Intake Response Center (PIRC) at Akron Children’s Hospital (ACH)
330-543-7472
- ★ Highland Springs Changes
440-769-0950

HOTLINES

- ★ ADM Crisis Line (24 hours) 330-434-9144
- ★ National Suicide Prevention Hotline (24 hours) **988**
- ★ The Trevor Project (for LGBTQ+ youth)
1-866-488-7386
- ★ Crisis Line for the Deaf 321-800-DEAF (3323) or text HAND to 839863

COUNSELING

- ★ Child Guidance & Family Solutions 330-762-0591
- ★ Minority Behavioral Health Group: 330-374-1199
- ★ Emerge Ministries: 330-873-3439
- ★ Greenleaf Family Center: 330-376-9494
- ★ Hope Behavioral Health: 1-800-642-4560
- ★ Akron Children’s Hospital Department of Adolescent Services: 330-543-8538
- ★ **Please ask your school counselor for a comprehensive list of district counseling referrals**

ADDITIONAL SUPPORT AND SERVICES

- ★ Poison Control Center: 1-800-222-1222
- ★ Substance Abuse Information: 330-672-3500
- ★ Child Abuse Hotline: 330-672-3500
- ★ Safe Landing (emergency shelter for troubled Youth or runaways) Shelter: 330-784-7200
- ★ Rape Crisis Center: 1-877-906-7273

SUICIDE MYTHS VS FACTS

MYTH	FACT
<i>“Young people don’t kill themselves.”</i>	Suicide is the number 3 cause of death for young people ages 15-24.
<i>“People who talk about suicide don’t kill themselves.”</i>	8 out of 10 people who commit suicide tell someone that they’re thinking about hurting themselves before they actually do it.
<i>“When adolescents talk about suicide, change the subject and try to get their mind off of it.”</i>	Take them seriously! Listen carefully! Give them a chance to express their feelings. Let them know that you are concerned and want to help.
<i>“Most young people who kill themselves really want to die”</i>	In fact, most people who kill themselves are ambivalent about whether or not they want to live or die. Suicide is often a “cry for help” that ends in tragedy.
<i>“Young people who attempt suicide once, won’t try it again.”</i>	Out of every 5 people who attempt suicide, 4 have made a previous suicide attempt.

When is it time to seek help?

**“It’s never too soon, it’s never too late.
No problem is too big or too small.
No judgment. Just support.”**