

Start the conversation with your child.

Raising a child is the toughest job in the world. Kids face so many challenges and risks today. One risk that doesn't get talked about is the risk of suicide.

It might surprise you to know that talking about suicide cannot plant the idea in someone's head. Actually, it can get your child to talk and open up about a scary subject.

Talking to your child or teen about suicide may be difficult, but it could save their life.

- When you talk to your child about suicide, you are not giving them ideas. Talking about it can get your child to open up as well as give them permission to bring up the subject in the future.
- Parents talk to kids all the time about things like buckling up in the car, avoiding drugs and alcohol and not engaging in risky sexual activity. Parents should talk to their children about any behavior that can put them at risk, including suicide.
- You should talk to your child about the risk of suicide, even if they don't bring it up. Approach it the same way you would another subject that is important to you but may or may not be important to them.