

## Other useful websites / organisations

Connect CAMHS Central Referral Hub:

- Stoke & Staffs: Tel: 0300 123 0907, Option 4
- Stafford: Tel: 01785 221 665 (Option 1 for out of hours)
- [mind.org.uk](http://mind.org.uk)
- [youngminds.org.uk](http://youngminds.org.uk)
- [papyrus-uk.org](http://papyrus-uk.org)
- [childline.org.uk](http://childline.org.uk)
- [speakingofsuicide.com](http://speakingofsuicide.com)
- [nhsdirect.nhs.uk](http://nhsdirect.nhs.uk)
- [samaritans.org.uk](http://samaritans.org.uk)



If you become increasingly concerned about your child, do not hesitate to take them to your local children's A&E Department.



We're Mind, the mental health charity. We're here to make sure anyone with a mental health problem has somewhere to turn for advice and support.

[www.nsmind.org.uk](http://www.nsmind.org.uk)



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## A Parent's Guide to

# Suicidal Thoughts



## Why is my child having suicidal thoughts?

Acting on a suicidal thought is the last straw, and often occurs when a young person feels completely isolated.

## As a Parent / Guardian / Carer

- Do not ignore or dismiss it as “attention seeking”. This might make them feel worse. Suicidal ideation suggests that self-esteem is very low.
- Do not condemn, reject, or get angry. Your help, support, and attention are vital if they are begin to feel that life is worth living again. Try to remember the pain and turmoil they have been, and may still be, going through.
- Do not relax your attentions just because they seem to be better. It doesn't mean that life is back to normal for them yet. They may be at risk for quite a while.
- Do not nag, even if it is meant well. Nobody wants to be pestered all the time. Try to balance being watchful with a respect for privacy.
- Do not take their behaviour personally. It was not necessarily directed at you.

## What will help your child?

- Do try to stay calm, even if this is difficult.
- Do give your child the time and space to explore their feelings.
- Do acknowledge that your child is struggling emotionally.
- Do ask your child how they feel about it. Talking about suicide does not make it more likely to happen. Try to be patient if they are angry or refuse to talk.
- Do listen. This is the most important thing you can do. Treat them with respect and to not be judgemental or critical.

- Do understand that they may want to talk about it to someone else in confidence. What's important is that they are talking to someone. If they are in agreement, this could be a counsellor.
- Do reassure them that desperate feelings are common and can be overcome.
- Do try to give practical support. You may not be able to deal with the things that might be troubling them, but between yourselves agree on what you will do if a suicidal crisis happens again.
- Do find support for yourself to help you deal with your feelings, as finding out that your child has suicidal thoughts is scary. You are human, after all.

