



# Never Worry Alone

## Resource Guide

Suicide Prevention for Parents and Caregivers



Utah State Board of Education



**It's normal for young people to experience "ups and downs" and they often keep their worries to themselves.**

As a parent or caregiver, you are their most important resource and support as they cope with mental health challenges. Express your concern. It's a myth that if you mention suicide, you might plant the idea. By honestly and openly expressing your concerns, you will send an important message that you care and understand.

## Checklist for Common Risk Factors

- Depression, anxiety, difficulty concentrating
- Social Isolation
- Alcohol or substance use
- Family or peer conflicts/School or legal trouble
- Experience with a suicide death in family or peer group
- Nonsuicidal self-injury (e.g. cutting)
- Difficulty falling asleep, staying asleep, sleeping too much, wanting to stay in bed and not get up
- Access to weapons, toxic substances, or medications
- Stigma associated with mental health or help seeking
- Previous struggle with suicidal thoughts or attempts



**Having the support of family, friends, and community members can significantly help youth and young adults manage and navigate challenging situations.**

## **The Power of Conversations**

**Begin with a small observation instead of diving into everything at once.**

"I've noticed you've been in your room more than usual. How are things going with your friends these days?"

**Use open-ended conversation questions.**

"You seem a little overwhelmed recently. How have things been going for you?"

**Let them know they can count on you for support.**

"You can talk to me about anything. Whatever's on your mind, I'm here to listen."

**Gently check in based on a change you've noticed.**

"I saw you seemed a bit quiet after school today. Was something on your mind?"



## You can help.

### What to do when someone is struggling.

- Remain calm and nonjudgmental.
- Ask directly about suicide (e.g. "Are you thinking about suicide?")
- If they are thinking about suicide, ask, "Do you have a plan to kill yourself?"
- Reassure them that there is help and hope. This feeling will not last.
- Provide constant supervision. Do not leave them alone.
- If they are thinking about suicide, call or text 988, or use the SafeUT app to connect with someone to create a Safety Plan.
- If they are an immediate risk to hurt themselves or others, call 911.

## Protective Factors that Reduce Risk

- Coping and problem-solving skills
- Connections to family, friends, and community
- Supportive relationship with caregivers
- Access to healthcare
- A Personalized Safety Plan
- Limited access to lethal means

## Resources

### 988 Suicide & Crisis Hotline 24/7

Call or text 988 in a mental health crisis or visit [988lifeline.com](https://988lifeline.com)

### SafeUT

24/7 confidential support from licensed counselors for any size crisis or concern for free. Visit [SafeUT.org](https://SafeUT.org) to chat, submit a tip or download the app.

### NAMI Utah

Free classes and peer support for people facing mental illness.  
[namiut.org](https://namiut.org)

### American Foundation for Suicide Prevention Healing Conversations

Resources and support for individuals affected by suicide.  
[afsp.org](https://afsp.org)

### Healthy Children

Information on supporting resilience and mental health in families.  
[healthychildren.org](https://healthychildren.org)

### Intermountain Children's Health

For support and resources call 801-313-7711, weekdays from 9 am to 5 pm.

### Crisis Text Line

Text TALK to 741741 for free, 24/7 support via text messaging