

Self-Harm or Suicidal Content

While self-harm can sometimes be associated with suicidal ideation, the two aren't always connected and can often have different symptoms.

Here are some warning signs of potential self-harm in kids:

- Frequent and unexplained cuts, bruises, scars, or burns
- Insisting on wearing long sleeves or pants — even in warm weather
- Increased anxiety, stress, or depression

Here are some warning signs of potential suicidal ideation in kids:

- Talking about being a burden to others
- Sleeping much more or much less than usual
- Giving away prized possessions
- A sudden improvement in their mood
- Reaching out to people they haven't spoken to in a long time
- Uncharacteristically reckless behavior

Recommended Actions

- **Offer support.** Let your child know you're there for them — fully and unconditionally. Kids are often confused or uncertain about what they're going through, so it's important to validate their feelings.
- **Remove dangerous objects.** Ensure that weapons and medications aren't easily accessible. Consider putting these items behind a lock or completely removing them from your home.
- **Get help for your child.** If your child has expressed suicidal thoughts, talk with your child's school counselor, their physician, or a mental health professional to help your family understand what underlies those thoughts and to develop a treatment plan.

Helpful Resources About Self-Harm

- [Self-Harm Text Hotline](#)
- [To Write Love On Her Arms](#)
- [Help for Cutting and Other Self-Injury](#)
- [What Parent Need to Know About Self-Harm](#)

Helpful Resources About Suicidal Ideation

- [Suicide Prevention Lifeline](#)
- [New Study Shows Exactly What I'm Seeing In My Own Pediatric ER, Rising Numbers Of Children Attempting Suicide](#)
- [Learn the Signs of Youth Suicide](#)
- [Symptoms of Mental Health Problems from Children's Hospital Colorado](#)
- [How Communication Can Help Prevent a Tragedy](#)
- [LGBT Suicide: What Parents Need to Know](#)



Conversation Starters

- **Have you ever wanted to hurt yourself?**
- **What do you know about suicide?**
- **What would you do if you were feeling hopeless?**