

The Hurting Child or Youth Might Say:

"I don't want to be here anymore"

"I'm going to kill myself,"

"I wish I were dead" or

"I wish I hadn't been born"

"I am sick of life... I have had enough"

Adapted from a Resourceful Website: See It-Say It (From Minnesota Institute of Public Health)
<https://www.perimeter.org/pages/add-l-ministries/care-counseling/mental-health-suicide-prevention/>

Options for Caregiver to Say in Response:

- *I care....*
- *I see.... (describe what you see or noticed)*
- *I feel....(use a feeling word like worried, concerned)*
- *I'm listening... what is going on now for you?*
- *Have you been thinking of suicide / hurting yourself?*
- *We need you to... (talk with someone else /or/ involve your parents /or/ talk to the school counselor, etc.) How do you feel about that?*
- *How can I support you and.....go with you / make an appointment / give you a ride / call you tonight?*

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