



Warning Signs of Suicide

The behaviors below are a few warning signs that suggest a young person is at risk for suicide:

- Talking or posting about wanting to die
- Feeling hopeless or “like a burden”
- Talking about feeling trapped or being in unbearable pain
- Looking for a way to kill themselves
 - Gathering medications, sharp objects, firearms
- Sudden and extreme changes in mood or behaviors
- Withdrawing from family and friends
- Visiting or calling people to say “goodbye”
- Giving away prized possessions
- Doing dangerous, life-threatening things
- Increased drug and alcohol use
- Self-harming

I think my child is at risk for suicide: what should I do?

Discuss the changes you have seen in your child directly and tell them you are concerned about them while remaining calm, relaxed, and offering support. Ask if they have thought about ending their life. If they are, tell your child that you are there for them and that you care about their pain. It may be uncomfortable to talk about suicide directly, but it can make a world of difference in the care of your child.

If your child is experiencing a mental health crisis, please contact your mental health provider or call the Nationwide Children’s Hospital and Franklin County Youth Psychiatric Crisis Line at (614) 722-1800. If you ever have immediate/urgent concerns about your safety or the safety of anyone else, **please call 911.**

Call or text the Suicide & Crisis Lifeline at 988. An online chat option is available at 988lifeline.org

Text 4HOPE to the Crisis Text Line at 741-741

Call the Ohio CareLine at (800) 720-9616

If you believe your child is in immediate danger, call 911 or take them to the nearest emergency room.



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When your child needs a hospital, everything matters.