

A P A R E N T ' S
T O
G U I D E

Suicide & Self- Harm Prevention

In This Guide . . .

- An Important Note First**
- What exactly is suicide? Self-harm?**
- Is suicide more prevalent today than in the past?**
- What causes suicide or self-harm?**
- Self-harming doesn't make sense to me. Why would someone do it?**
- What is culture saying about suicide and self-harm? How is it influencing teens?**
- Don't some kids threaten suicide or self-harm just to get attention or manipulate others? Shouldn't I refuse to let my teen "manipulate" me like that?**

I've heard people wonder why a teen who "seemed so happy" or "had so much going for them" would commit suicide. Why would apparently happy teens do this?

Are there steps I can take to prevent self-harm and suicide?

How would I know if my son/daughter is suicidal or self-harming?

I'm really uncomfortable talking about suicide and self-harm. How can I get my teen to talk with me about it?

What does God's Word say about suicide and self-harm?

Final Thoughts

Resource