A PARENT'S GUIDE TO

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