

WHAT PARENTS NEED TO KNOW

-TEEN SUICIDE PREVENTION

Suicides among young people continue to be a serious problem. In 2020, under-25 suicides took 30% of the total.

WHY TEENS VULNERABLE TO SUICIDE?

Many teens who attempt or die by suicide have a mental health condition. As a result, they have trouble coping with the stress of being a teen, such as dealing with rejection, failure, breakups, school difficulties and family turmoil.



WHAT ARE THE RISK FACTORS?

- Having a psychiatric disorder
- A substance use disorder
- Physical or medical issues
- Being lesbian, gay, bisexual or any other sexual minority youth



WARNING SIGNS

- Talking or writing about suicide
- Withdrawing from social contact
- Having mood swings
- Doing risky or self-destructive things



WHAT SHOULD I DO IF I SUSPECT MY TEEN IS SUICIDAL?

- Talk to him or her immediately. Don't be afraid to use the word suicide that won't plant ideas in your teen's head
- Ask your teen to talk about their feelings and listen
- Immediate danger: call **1543** toll-free crises helpline

WHAT CAN I DO TO PREVENT TEEN SUICIDE?

- Encourage a healthy lifestyle
- Discourage isolation
- Talk about mental health and suicide (If your teen is sad, anxious, depressed, or appears to be struggling — ask what's wrong and offer your support.)



SERVICES AVAILABLE



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