

Suicide. Let's talk about it.

So much goes into how a child or teenager understands themselves and their place in the world. Developing brains, a varying tolerance for distress, digital noise, and both family and genetic influence can all play a part.

Plus, the “little” things can feel really big to kids of any age. Getting bullied, failing tests, not making the team, or not being invited to sleepovers, study dates, and parties can all affect their mental health. Heavy feelings can get larger and crowd out the lighter ones. Losses can stack and wins can become difficult to find.



Signs your child might be struggling

- Feelings of hopelessness or worthlessness
- Withdrawal from friends and/or activities
- Changes in sleeping and/or eating habits (either more or less)
- Loss of energy and/or more irritability or frustration
- Substance use
- Difficulty tolerating distress in other forms, like anxiety

Three steps you can take to support your child

1. **Remind your child that they are loved just as they are.** Say it often. Show them in big and small ways, especially when they're having a hard time.
2. **When you're feeling sad, talk about it.** It can help your child see that emotions come and go like waves. A bad day doesn't equal a bad life.
3. **If you're concerned, ask your child how they're doing.** Lead with open-ended questions that allow space for honest sharing (they shouldn't have to manage your emotions, too). Even if it feels uncomfortable, and even if you're afraid of the answer they might give you, ask. You can do it.

When to turn to Brightline for help

Sometimes kids can't — or don't want to — put what they feel into words. The therapists and psychologists at Brightline know how to help you connect with your child about suicide, along with all the things that might come alongside that.

It takes courage to shine a light on dark feelings. But doing so might just be the thing that helps your child see the way through. When your family needs support, we're here.