



HOLDING *the* HOPE

Parent Handout

What is normal behavior?

- Testing rules and limits
- Touchy if asked too many questions
- Moody at times
- Easily embarrassed
- Moving away from family – peer-oriented and motivated by peers' approval

When should you be concerned?

- Dangerous impulsive behavior
- Sadness or signs of depression that continue for two weeks or more
- Substance use or self-injury
- Isolation from friends and family
- Giving away important possessions
- Preoccupation with death, expression of a wish to be dead, saying goodbye
- Talk of suicide or making a suicide plan
- Other changes in behavior that concern you

What children are the most vulnerable?

- Youth living with mental health issues
- Youth in vulnerable identity groups
- Youth who abuse alcohol or other substances
- Youth who have experienced trauma or had another recent loss or serious stressor
- Youth who are socially isolated or lack a support system
- Youth who have attempted suicide before

What are the signs of depression?

- **Irritability**
- Persistent anxiety and/or feelings of sadness
- A drop in school performance
- Problems with authority
- Indecision, lack of concentration
- Poor self-esteem
- Overreaction to criticism
- Frequent physical complaints
- Inability to cope with normal activities/situations



What can you do to help your child?

- Take care not to sensationalize or glamorize a peer's death.
- Create opportunities to talk, and facilitate your child connecting with other adults in their support system.
- Make it clear that seeking help is normal and okay.
- Avoid minimizing comments, even if you would cope differently. Use open-ended questions and a nonjudgmental stance.
- Model effective coping skills, including seeking support for your own stress or grief.
- Listen & watch for behavior changes, depression signs, causes for concern. Intervene if you see them.

Where can you find help?

- A crisis phone hotline (1-800-273-TALK,) press 1 for Veteran support
- 1-800- Suicide (784-2433)
- 1-866- 4U Trevor (488-7386) – GLBT support
- 1-888-628-9454 Spanish-speaking resources
- Resources at your child's school, such as a counselor, school social worker or member of the crisis team
- A therapist or counselor in the community
- Resources through your religious institution or community center
- The hospital emergency room

On-line Resources

www.yspp.org

www.reachout.com

www.whatadifference.samhsa.gov

www.mindyourmind.ca

www.thetrevorproject.org

www.sprc.org

www.spanusa.org

www.suicidepreventionlifeline.com (on-line chat available)

Local Resources:

- Clark Co. Crisis Line -(360) 696-9560
(800) 626-8137 or
TTY: #711
- Cowlitz Co. Crisis line - (360) 425-6064
(800) 803-8833
- Skamania Co. Crisis line (509) 427-3850
- Teen Talk (360) 397-Chat (2428)