

Suicide Prevention for Teens: 8 Ways to Help

Take outbursts seriously

Aggression or feeling like a burden is often more than "teenage drama"

Show them they're seen and heard

Offer sincere encouragement without overwhelming them

Watch for all risk factors

Hidden risks can contribute to suicidal thoughts—stay alert and open-minded

Stay attentive even without signs

Teens are vulnerable; small changes can matter

Talk openly about suicide and mental health

Conversations reduce risk, not increase it

Respond with empathy

Listen without judgment and offer comfort, not control

Create a safety plan

Include warning signs, coping skills, trusted contacts, and safe spaces

Offer hugs

Physical affection like hugs can boost mood and emotional resilience



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