

FOR PARENTS: When your child is hurting... How to help and connect to mental health resources

At-risk youth might not ask for help but may want the help. Often times they just want to stop hurting. Taking them seriously, openly talking about their mental health and suicide risk, and finding professional help can save a life.

Mild Symptoms:

- Withdrawing from friends, family, & activities
- Loss of interest in activities
- Excessive sadness, anxiety, & guilt
- Frequent complaints about physical symptoms (stomachaches, headaches, or unusual tiredness)
- Noticeable changes to appetite and/or sleep

What To Do:

- Consult a primary care provider
- Ask your youth's school if they have a mental health partner
- Contact your youth's insurance company and request a list of in-network therapy providers
- Families with youth & young adults up to age 22 who are experiencing difficulties or distress call or text 1-844-4CRISIS (844-427-4747) or 988 if you do not reside in Butler County

Severe Symptoms:

- Self-harm
- Frequent panic attacks
- Difficulty showering, eating, doing daily tasks, or not getting out of bed
- Thoughts of wanting to die or of wanting to go to sleep & not wake up
- Suicidal thoughts without a plan or intent

What To Do:

- Keep close supervision of the youth
- Call or text 1-844-4CRISIS (844-427-4747) or 988 if you do not reside in Butler County
- If the youth is 17 or younger, call Cincinnati Children's Psychiatric Intake Response Center (PIRC) at 513-636-4124
- Ages 5 - adulthood call Beckett Springs for free assessments 24/7 at 513-942-9500

Life-Threatening Symptoms:

- Suicidal thoughts with a suicidal plan and/or intent
- Suicide attempt

What To Do:

- Do not leave the youth alone for any amount of time
- Call 911 if danger is imminent
- Call or text 1-844-4CRISIS (844-427-4747) or 988 if you do not reside in Butler County
- If the youth is 17 or younger, call Cincinnati Children's Psychiatric Intake Response Center (PIRC) at 513-636-4124
- Ages 5 - adulthood call Beckett Springs for free assessments 24/7 at 513-942-9500

For all listed symptoms remove any firearms, alcohol, narcotics/medicines, sharp objects, strangulation risks, and cleaning supplies that could be used in a suicide attempt.



Look out for changes in behavior or entirely new behavior. If you believe someone is showing warning signs of suicide, take action in finding professional help.

Warning Signs:

- Talks about feeling **hopeless** or having no purpose
- Talks about feeling trapped or feeling unbearable **pain**
- Talks about being a **burden** or being worthless
- Increased use of **drugs or alcohol**
- Acting anxious, **agitated**, or reckless
- **Sleeping** a lot or very little
- **Withdrawing** or feeling isolated
- Experiencing significant **bullying** or humiliation
- **Friend or family member** has attempted or died by suicide

What Parents Can Do to Help:

- **Listen** to their concerns without interruption or judgement
- Limit your own talking, use a **soft** voice
- **Acknowledge** their emotions
- Provide **caring gestures** (such as offering a hug or a back scratch)
- Encourage **healthy lifestyle choices** (diet, sleep, exercise, social media)
- Consider how the **environment** is affecting the youth (such as removing noise, lowering lights, removing other stressors)
- Encouraging community & spiritual **engagement**
- Reach out for help from a **professional**

