

# 10 Tips for Parents to Prevent Teen Suicide

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 [pathwaysreallife.com/10-tips-parents-prevent-teen-suicide/](https://pathwaysreallife.com/10-tips-parents-prevent-teen-suicide/)



It is sad to lose a child and even more heartbreaking to suicide. As a child develops, it may get difficult for parents to know their feelings and thoughts. Adolescence has its high and low moments. However, a parent may not know when a teen is depressed. ***It's essential to learn the possible factors that could cause severe depression to your kid that they contemplate committing suicide.***

Here are some tips on how you could avert your child's thoughts from suicide:

## 1. Avoid Ignoring Suicide Threats

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***Do not underestimate*** early suicidal signs. ***Teens may indulge in substance abuse or merely isolate themselves*** from other family members. At times, the teenager issues ***verbal or written statements*** declaring their intentions to commit suicide. As a parent, you should ***take them seriously***.

Often, kids mulling over suicide ***repeatedly inform*** their guardians and parents about it. Scientific studies reveal that such people ***don't intend*** to kill themselves. Instead, the threats are usually a ***plea for urgent help and attention***.

When your child starts issuing death threats, try to keep cool. Avoid displaying shock or scolding them. Spare some time to tentatively ***listen to your their concerns as you reassure them of your love and commitment***.

## 2. Consult a Certified Counselor

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Promptly visit a pediatrician if your child's strange behavior persists for a while. Alternatively, you can contact a nearby mental health specialist for her to evaluate your teen. He should start attending therapy sessions soon afterward if he is prone to self-harm.

You should also contact your psychological support team and mobilize it at a nearby emergency room. It's essential to **seek help right away** if your kid is actively suicidal or if he intends to harm himself.

### 3. Control Your Child's Anxiety

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A child could have had a bad day. He should brighten up after a while. However, if his dampen spirit lasts for several days, you should get concerned. It's proven that **over 80% of American teens who commit suicide were once diagnosed with a mental disorder. Most of them displayed intense anxiety and depression.**

In most instances, depressed people become antisocial. However, they yearn to get **rescued** from their tabulations. They are **often embarrassed** to display their moodiness to loved ones. Its **prevalent in boys** as the society expects them to conceal their emotions.

### 4. Try to Figure Out Your Child's Thoughts

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Most teenagers who plan to commit suicide display strange actions and characters. Research has shown that in most families affected by teenage suicide have **poor communications between parents and children.**

However, other factors could lead to teen suicide. These include **breakups, drug abuse, peer pressure, humiliation, impulsiveness and a severe medical condition.** If your instinct cautions you that your kid wants to harm himself, take prudent measures. You need to learn how to **communicate** with and **listen** to your teen efficiently.

### 5. Express Your Feelings

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**Assure your teen that you have their back.** It's normal for anyone to get anxious or depressed once in a while. It also happens in adults. **Reassure them that tough times don't last forever** while avoiding aggravating their condition. It will encourage them to soldier on in life. They will eventually get through the depression after you enroll them in therapy sessions.

### 6. Discourage the Child from Isolating Himself

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When facing a desperate situation in life, it isn't wise to isolate yourself from other people. However, depressed teens tend to avoid being social. You should encourage your teen to have frequent walks in the neighborhood. It will help in **distracting** him from his troubles.

### 7. Remind Your Child to Be Patient

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Talk therapies typically **take time** to improve an individual's temperament. Your teen shouldn't get discouraged in case his state doesn't improve immediately. You should train him to be patient when expecting to see **long-term life changes.** Besides, he should strictly **follow** the therapy schedule without skipping any session.

## 8. Safely Store All Your Firearms

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You should quickly store your weapons before your suicidal child picks it. A report from Brady Centre to Prevent Gun Violence reveals that in 2013, the number of American youth who committed suicide by firearms skyrocketed. It exceeded that of the previous 12 years. Most fatalities involved weapons ***possessed by a family member***.

## 9. Urge Your Child Not To Pressurize Himself

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Mental therapy takes time for its effects to be visible. Until he starts recuperating, avoid assigning numerous responsibilities to him. Urge him to ***divide complex tasks into smaller and manageable ones***. He should also take part in ***leisure activities***. The aim is to ***boost his confidence, self-esteem, and self-control***.

## 10. Encourage Him to Work Out

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Taking part in intense physical activities is essential. Working out ***stimulates the brain to produce endorphins***. It's a hormone that is said to ***enhance moods and relieving pain***. Endorphins minimize the amount of cortisol circulating in the body. It is often associated with depression.

A physical exercise distracts an individual from their challenges and enables them to have a higher self-appreciation. Physicians recommend work out sessions lasting up to thirty minutes a day. Your teen should work out three times a week for you to see significant improvement. However, you ***should select an activity that he enjoys***

## Pathways Real Life Recovery Helps with Teen Suicide Treatment in Utah

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Whenever your child appears depressed, ***spend some extra time with them***. They probably need someone to speak out their mind. If you're child is struggling with depression and suicidal thoughts, **contact Pathways Real Life** as soon as possible. We have a team of qualified psychologists to address your concerns. ***We also offer financing and free consultations***. Our treatment plans are ***customized*** for teens struggling with depression, anxiety, addictions and more. Give us a call at **801-895-3006** today.