



# Suicide Prevention

*Suicide is complex. There is not one single path that leads to suicide. Be aware of warning signs and reach out if you or your child need help.*

## What to do

### Talk to your child

- Connect with your child, help them build resilience, and support their emotional-social skills.
- Know the warning signs and what you can do if you recognize someone is at risk.

### Reach out if you need help

- Call the National Suicide Prevention Lifeline at 1-800-273-8255 if you are concerned someone you know is at risk for suicide.
- Call 911 for immediate medical help.
- Program your cell phone, and your child's cell phone, to include the National Suicide Prevention Lifeline number and 741741, the crisis text number.

# What to know

## Support and connection are key

- Building positive connections with your children starts at an early age.
- Support the development of healthy relationships between youth and positive adults in their lives.

## Schools can help prevent youth suicides

- Schools have the opportunity to use a comprehensive approach to preventing suicides.
- Schools can implement activities that help students increase and strengthen positive social networks. Connections can help buffer the effects of risk factors.

# For more information

- **Minnesota Department of Health:**  
[www.health.mn.gov/preventsuicide](http://www.health.mn.gov/preventsuicide)
- **Minnesota Department of Health Community Partners:**  
[www.health.state.mn.us/communities/suicide/communities/preventsuicide](http://www.health.state.mn.us/communities/suicide/communities/preventsuicide)



At the Minnesota Department of Health, we work for all people and communities to have what they need to be healthy.

*To obtain this information in a different format, call 651-201-3627.*