

# Are you the parent of a child who is struggling with suicidal thoughts?

You are not alone in this. Taking care of a child who is suicidal can be a frightening and emotionally overwhelming experience. It is crucial that both you and your child receive the care and support you deserve during this challenging time. Here are some resources that may be helpful to you.

Disclaimer: This list is for general informational purposes only and is not a substitute for professional mental health care or advice. If you believe your child is in imminent danger, contact your local emergency services or go to the nearest emergency department immediately.

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## Crisis Hotlines:

**Suicide & Crisis Lifeline:** The 988 Suicide & Crisis Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States.

- Call or text 988
- Chat online: <https://988lifeline.org/chat/>

**Crisis Text Line:** Text from anywhere in the US for support with any crisis and a live, trained crisis counselor will respond.

- Text 'Home' to 741-741
- Chat online: <https://connect.crisistextline.org/chat>

**The Trevor Project:** The Trevor Project's mission is to end suicide among LGBTQ youth. You can connect with a crisis counselor 24/7, 365 days a year.

- Call 1-866-488-7386
- Text 'Start' to 678-678
- Chat online: <https://www.thetrevorproject.org/get-help/>

## Access Mental Health Supports:

American Academy of Child & Adolescent Psychiatry: [Child/Adolescent Psychiatrist Finder](#)

National Alliance on Mental Illness: [Family Support Groups](#)

Depression & Bipolar Support Alliance: [Parent & Caregiver Network](#)

[Mental Health Facilities Locator](#)

Psychology Today: [Therapist Directory](#)

APA: [Search for a Psychologist](#)

Guide: [Finding the Right Care](#)

## Websites & Other Resources:

[Suicidal Thinking and Threats: Helping Handout for Home](#)

Centre for Suicide Prevention: [Resource Library](#)

[Robbie's Hope Adult Handbook: A Guide by Teens on How to Talk to Teens](#)

National Federation of Families (NFF): [Resource Library](#)

[Society for the Prevention of Teen Suicide \(SPTS\)](#)

The Jason Foundation: [The Parent Resource Program](#)

Article: [Navigating Family Life After a Suicide Attempt](#)