

Eye to Eye Counselling Service

“Sometimes we all need someone to talk to”



Suicidal feelings: Parents and carers

It can be very distressing to learn that the young person in your life is feeling suicidal. Thoughts of suicide are common, with **1 in 4 people** experiencing them at some point, so they are not alone.

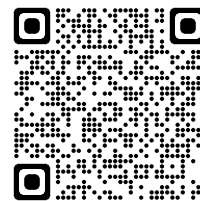
If the young person can't keep themselves safe?

If the young person is in immediate danger, then call 999 or take to A&E for emergency support

- Make sure all medications/risks are **removed from easy access**
- Reassure them that you want to keep them safe so will seek support together

How can I support the young person?

- It's scary, but **don't be afraid to ask** if they have thoughts about ending their life- open the conversation up for them
- **Take what they seriously**- do not disregard it as “a phase” or brush it off
- **Stay calm**, controlled and **don't panic**- it's vital that the young person feels **calm** around you
- Remember that it takes **courage** for someone to open up and talk about feeling suicidal
- **Listen** to what they are feeling, with no distractions or interrupting them
- Don't try to 'fix' the problem, **just listen**
- Understand the **reasons** they are feeling suicidal in order to **support them** to move forward
- Seek **professional help** from their GP and Eye to Eye school/community counsellor
- Help them to create a **Safety Plan** from the resources below
- Spend time with them and show an interest in their life
- Check in with them now and again, without suffocating them



www.eyetoeye.wales

Useful Contacts

Eye to Eye Counselling Service:
01443 202940
info@eyetoeye.wales

Samaritans
116 123
www.samaritans.org

Papyrus
0800 068 4141
www.papyrus-uk.org

Helpful Resources

[Young Minds: Get urgent help for your child](#)

[Young Minds: How to talk to your child about suicidal thoughts](#)

[Papyrus: Supporting your child with self-harm and suicide](#)

[Stay Alive \(APP\)](#)



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