Parent Notification: Student Expressing Suicidal Ideation – SAMPLE

to Be Completed with Guardian

Student Name: _____ School: _____

Guardian Name: _____ Date: _____

Today your child said some things about death or hurting themselves that made others concerned about their safety. Below is information you can use to keep your child safe.

Suicide Facts: Children and Teens (American Foundation for Suicide Prevention, 2019; Centers for Disease Control and Prevention, 2019)

- Suicide is the second leading cause of death for 15-to-24-year-olds.
- Suicide is the third leading cause of death for 5-to-14-year-olds.

Common Warning Signs for Suicide in Children:

Changes in baseline behavior:

- Changes in sleeping habits
- Changes in eating habits
- Withdrawing from family and friends
- Psychosomatic symptoms—headaches, stomachaches, other aches and pains that can't be explained

Changes at school:

- Drop in academic performances
- Decreased interaction with teachers and kids
- Lack of interest in school
- School refusal
- Loss of interest in daily activities (playing sports, extracurricular activities)

Preoccupation with death:

- Frequent questions about or looking up ways to die
- Statements about dying or what will happen if the child dies

Other signs:

- Feelings of hopelessness
- Giving away favorite possessions
- Writing or drawing about death or suicide
- Significant changes in mood

SAMPLE

Step 1: If you notice any of the above signs, you should:

1. Remain calm.
2. Ask the child directly if he or she is thinking about suicide.
3. Focus on your concern for their well-being and avoid being accusatory.
4. Listen.
5. Reassure them that there is help and they will not feel like this forever.
6. Provide constant supervision. Do not leave the child alone.
7. Get help—ask your child's professional school counselor for community resources.

Step 2: Ways that I can make my child's environment safe:

1. _____

2. _____

Step 3: Update the school with your observations and/or concerns:

1. Counselor Name: _____ Phone Number: _____

2. Assistant Principal Name: _____

   Phone Number: _____

Step 4: Find help in the community for your student:

1. Call 2-1-1 and press 8, or visit www.211texas.org
2. Locate your local crisis hotline: Texas Crisis Hotlines
3. National Suicide Prevention Lifeline: 1-800-273-8255
4. Crisis Text: Text **TX** to 741-741

I will use the above information shared with me by my child's school counselor to help keep my child safe.

Guardian Signature: _____ Date: _____

Counselor's Signature: _____ Date: _____

SAMPLE