



Maria Phipard
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3 Silent Warning Signs Your Child Might Be Thinking About Suicide

A life-saving guide for alert parents

**“Most children won’t say ‘I want to die.’
But their behavior will whisper it—if we’re brave
enough to listen.”**

– Maria Phipard

Dear Parent,

This is not just a checklist.

It’s a guide to help you recognize the subtle cries for help your child may never say out loud. Many kids don’t ask for help directly—because they’re scared, ashamed, or trying to protect you.

These signs might seem small, but they can mean everything.

Don’t wait for the storm to hit.

Learn to listen to the whispers.

You’re not alone, and you don’t have to figure it out by yourself.

Be a Mama Bear. Fierce. Loving. Alert.

With all my heart,

Maria Phipard

Certified Parenting Coach



1. Sudden Fixation on Deep or Existential Topics

If your child begins talking about life after death, the meaning of life, or who would miss them—especially if they never used to—don't dismiss it as “just curiosity.”

It might be a sign they're trying to understand or cope with emotional pain they don't feel safe expressing.

“A child doesn't need to speak the word ‘suicide’ to be crying for help.”

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Mama Bear Action Step:

Create a calm moment and say:
“You’ve been thinking about some really deep things lately. I want to hear what’s on your mind—and I promise I won’t judge or freak out.”

Then listen without interrupting. Let them lead.





2. Extreme Guilt or Feeling Like a Burden

Kids who say things like “I always ruin everything,” or “You’d be better off without me” may be carrying more than just low self-esteem—they might be losing hope.

“When a child believes they are a problem, they stop believing they deserve to exist.”

Mama Bear Action Step:

Interrupt that belief with truth.

Say: “You are not a burden. You are loved. When things feel heavy, that means you need help, not that you’re too much.”





3. Giving Away Personal Belongings Without Explanation

If your child starts giving away their favorite items—especially things they're emotionally attached to—it may be their way of saying goodbye.

“The quiet goodbye is the most dangerous one—because it often comes with a smile.”

Mama Bear Action Step:

Ask gently: “I noticed you gave away something really special to you. Is everything okay? You can tell me anything.”

Then pause. Let the silence speak.

You are not alone. Visit mariaphipardcoaching.com or scan the WhatsApp code below to connect directly with Maria.

