

✓ **HOW TO TALK TO YOUR YOUNG CHILD ABOUT SUICIDE**

Lifesaving Words for 3 Difficult Moments

1. IF YOUR CHILD IS HAVING SUICIDAL THOUGHTS

What to Say:

- 
- “That’s a really heavy feeling. I’m so glad you told me.”
 - “Can you help me understand what’s been making you feel this way?”
 - “You’re not alone. I’m here, and we’ll figure this out together.”

What Not to Say:

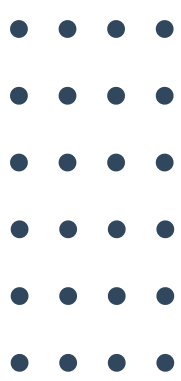
- 
- “Don’t say that.”
 - “You’re too young to feel that way.”
 - “You have nothing to be sad about.”

Follow-Up Actions:

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- Check in daily with presence, not pressure
 - Remove dangerous items from the home
 - Get professional support immediately



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2. IF SOMEONE THEY KNOW DIED BY SUICIDE

What to Say:

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- “They were in a lot of pain inside and didn’t know how to get help.”
 - “That’s called suicide. It’s very sad, and we can talk about it whenever you want.”
 - “You can ask me anything. No question is too big or too weird.”

What Not to Say:

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- “They went to sleep.”
 - “They’re in a better place” (without context)
 - “Let’s not talk about it anymore.”

Follow-Up Actions:

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- Watch for behavior changes or silence
 - Check in with questions like:
 - “What do you think happened?” or “How are you feeling today?”
 - Validate emotions without overexplaining



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3. IF THEIR PARENT DIED BY SUICIDE

What to Say:

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- “They were sick on the inside. They loved you so much.”
 - “This was not your fault. Not one bit.”
 - “It’s okay to be sad. It’s okay to be mad. I’ll be here no matter what.”

What Not to Say:

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- “They chose this over you.”
 - “We don’t talk about that.”
 - “Just be strong.”

Follow-Up Actions:

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- Encourage therapy or support groups
 - Allow them to express feelings through art, play, or writing
 - Keep saying: “You’re safe. You are loved. You’re never alone.” “I’m always here”

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Mama Bear Reminder: 🐻

You don’t need perfect words. You need
presence, honesty, and love.

Speak up. Stay close. Be their anchor.

