



Lifesaving Parenting Checklist

What to Do When Your Child Is Depressed or Suicidal
Transcend parenting. Take action. Indifference kills.



Immediate Actions (Do This TODAY)



- Check in with your child face-to-face.

"I see you're struggling. I'm not going to ignore it. I'm here. Always."

- Ask clear, direct questions about suicide.

"Have you been thinking about hurting yourself? Have you ever wished you were dead?" (Asking does not plant the idea—it opens a door.)

- Remove access to potential methods of self-harm.

Secure medications, weapons, sharp objects, cords, and dangerous tools.

- Call for professional help.

Find a therapist, call a suicide hotline, or go to the ER if there's immediate danger.



Mindset Shift (Parent Like Their Life Depends on It)



- Accept that love is not enough—action is required.

You are not just a parent. You are their lifeline.



- Stop minimizing or avoiding the topic.

Silence creates shame. Speak up. Ask. Connect.

- Drop the “fix-it” mindset.

Be their anchor, not their solution machine. Listen without trying to solve.



Daily Habits That Save Lives



- Check in every single day—even if they don't respond.

"You don't have to talk. Just know I'm here, and I'm not going anywhere."

- Create a non-judgmental space at home.

No lectures. No invalidation. No trying to fix them. Just connection and calm.

- Limit harmful screen time & monitor online spaces.

Know what they're consuming. Talk about it without shame.

- Celebrate small wins.

Getting out of bed, taking a shower, texting a friend—acknowledge all of it.



💬 What to Say (And NOT Say)

Say This:



- ✓ "I see your pain, and it makes sense. I'm here."
- ✓ "You matter. I'm not giving up on you—ever."
- ✓ "We'll get help together. You're not alone."



Avoid Saying:

- ✗ "You're just being dramatic."
- ✗ "You have nothing to be sad about."
- ✗ "You'll grow out of it."

👣 Next Steps for You, the Parent



- Educate yourself.

Watch videos. Read about teen depression. Learn the signs.

- Get support for YOU.

Your child's healing starts with your strength. Join a parent support group or coaching.

- Book a strategy session.

Don't guess your way through this. Get a plan. I'm here to help.

🐻 **Mama Bear:**

**You are not powerless. You are not helpless. You are the warrior they need.
This is the time to transcend parenthood—and fight for your child's life.**

