



**you can
sit with me**



What To Do If Your Child Is Suicidal

A Tip Sheet for Parents & Carers
*From **YOU CAN SIT WITH ME** ❤️
because no one should sit alone in
tough times.*

Let's begin here.

First, Know You're Not Alone

If you're worried your child might be suicidal, it can feel overwhelming — but you're not alone. There is help available, and taking the first steps can make a real difference. Your love, support, and calm presence are powerful.

1. Reach Out to Medical Support

- Call your GP or local health service

Book an urgent appointment with your family doctor. They can help assess your child's mental health and refer you to specialist services (like a psychologist or psychiatrist).

- Emergency? Call 000 or go to the nearest hospital

If your child is in immediate danger or has harmed themselves, call 000 or go to the nearest emergency department.

2. Immediate Steps to Take

- Take it seriously

If your child talks about suicide, expresses hopelessness, or shows warning signs (like withdrawing, talking about being a burden, or giving things away), always take it seriously.

- Stay with your child

Don't leave your child alone if you're concerned they are at risk. Sit with them, stay calm, and let them know you're here to help and listen — no judgment, just love and care.

3. Connect with Your Child's School

- Make a time to meet with the school principal

Let the school know what's going on. Ask to meet with the principal and any wellbeing staff (e.g. school counsellor, year advisor).

- Ask for a support plan

Request that all staff who interact with your child are made aware of the situation – discreetly and respectfully – so they can offer extra care, flexibility and vigilance.

4. Build a Support Circle

- Let trusted friends and family know
- Choose people who will support you and your child with compassion and privacy. You don't have to go through this alone.
- Ask for help with daily things
- It's OK to ask others for help with meals, transport, or even just being there so you can have a rest. Your wellbeing matters too.

5. Keep Talking and Listening

- Let your child know you're there – always
- Tell them: *"You're not alone. I'm here. We'll get through this together."* Keep communication open and gentle, even if they push back.
- Avoid shame or blame- your child may feel embarrassed or guilty. Reassure them that mental health struggles are nothing to be ashamed of, and that asking for help is brave.

Phone numbers for professional help

You can call any of these 24/7 crisis lines for support:

- Lifeline – 13 11 14

www.lifeline.org.au

- Beyond Blue – 1300 22 4636

www.beyondblue.org.au

- Kids Helpline (for children & teens) – 1800 55 1800

www.kidshelpline.com.au



you can
sit with me

Take Care of Yourself Too

- Talk to a counsellor or support line yourself- Supporting a child through suicidal thoughts is incredibly hard — your wellbeing is vital, too.
- Try to keep routines stable at home- Regular meals, sleep and quiet connection (like a walk or shared show) can offer comfort and grounding.



♥ Remember ♥

You don't have to have all the answers. You just have to take the first step — and keep going one day at a time.

There is strength in reaching out. And there is hope, even in the darkest moments.