

Conversation Starter 

**“You know we can talk  
about anything”**



Suicide can feel like a scary topic to discuss with your teen, but honest dialogue is how you can help prevent suicide. Knowing where to start can still be hard. If you need help talking it out, find free tools, tips, and resources to get the conversation started at **Up2SD.org**.

## Ways you can help:

- Ask directly about suicide. It won't make things worse—in fact, it can save a life by showing you care.
- Have regular, open conversations about feelings and mental health to build trust.
- You won't have all the answers. Talking about it helps—let them know this is a safe space, and listen.
- Encourage openness by listening without judgment, dismissiveness, or minimizing their feelings.
- Explore and discuss what resources feel right for them.

