



Talking to Your Teen About Suicide

The tragedy of suicide in our Jamat can deeply affect teens — whether they knew the person or not. As a parent or caregiver, your openness and support are vital.

Common Reactions

1. Wanting to Know “Why”

Teens often want answers. Suicide is complicated and usually involves many factors we may never fully understand. Let your teen know it's okay to not have all the answers and encourage them to share their feelings.

For example you can try saying:

“We can't know the reason for sure, but I'm really sorry this happened. How are you feeling right now?”

2. Increased Use of Social Media and Searching for Information

Teens may seek information after a loss, but social media can sometimes offer confusing or harmful content. Help your teen find trustworthy sources and encourage regular social media breaks.

3. Wanting to Be With Friends More Than Usual

Teens often seek comfort from peers and learn about grief together. Support your teen by providing safe spaces to gather. Also help them to recognize that they may also need rest or a break from socializing.

You might say: “I see you've been spending a lot of time with your friends. How is that for you? Do you need some time to rest and recharge your batteries?”

4. Physical Symptoms

Grief can cause tiredness, headaches, stomachaches, or trouble sleeping. Encourage healthy habits like drinking water, getting fresh air or exercise, and eating nutritious meals.

If you need additional resources or support, please reach out to ACCESS 1-844-55 ACCESS. If you or someone you know is considering suicide, please call or text 988 for the Suicide and Crisis Lifeline, or text TALK to 741741 for the Crisis Text Line, or call ACCESS.

How You Can Help Your Teen

1. Don't Avoid the Topic of Suicide

Talking openly helps your teen feel safe and can prevent misunderstandings later. Discussing suicide does not encourage it but can save lives.

2. Avoid Judgments About the Person Who Died

Avoid labels like “selfish” or “weak”. Everyone needs time to understand the loss in their own way.

3. Be Honest and Acknowledge Your Own Limits

It's okay to say you don't have all the answers or aren't sure how to respond.

4. Encourage Sharing and Remembering

Invite your teen to talk about the loved one they lost or to share memories.

5. Avoid Minimizing Their Grief

Avoid statements like “They're at peace now” or “They're in a better place”, as that can feel dismissive.

Helpful Things to Say

• Acknowledge the Loss

“I heard about the recent loss in our Jamat. I know this is really hard. It's okay to feel whatever you're feeling, and I'm here if you want to talk.”

• Normalize Their Feelings

“It's normal to feel sad, confused, angry, or numb. Everyone grieves differently, and there's no right or wrong way.”

• Remind Them They're Not Alone

“If you ever feel overwhelmed, remember you're not alone. I'm here, and so are other adults and professionals who want to help. We can get support together.”



**1-844-55-ACCESS
OR
TEXT “TALK” TO 741741**

