

QUESTIONS FOR THE FUTURE

EVIDENCE -BASED INFORMATION ON SUICIDE

- Is there science-based evidence that says removing potential tools for suicide, such as knives and pills, is effective?
- Is there science-based evidence to say close observation makes a difference?
- They say talking about suicide helps, however if that's so then why is suicide among our youth on the rise?
- What resources are available both in the moment and long-term?
- My child was put on an SSRI and we were told it would take 6 weeks to work and to watch her because it could make her suicidal. What should we watch for? How will we know if it is making her suicidal or if it just needs time to work? When should we take her back to the emergency room?
- My daughter is frequently depressed and feeling suicidal. Is there a chance things will settle down once her brain finishes developing when she's around 25?
- What specific information do doctors require to know if a medication is helping or hurting my child? For example, is it important to know she had a headache for the first 3 days, was nauseous and agitated, then felt great and had an increased appetite? It is hard to know exactly what they need to know because if I give a lot of information, I feel it is never read. Where's the balance and what is actually important?
- Is a person likely to use the same means to attempt suicide? If so, does that mean I don't have to worry about other potential means?
- What does it mean to be chronically suicidal?
- A girl that my daughter was in a hospital day program with recently died by suicide. What can I do to make sure that my daughter doesn't think that she should do the same?
- How do you know when you are smothering your teenager and stopping their growth versus when you are protecting and helping them?
- What parental practices lead to the best outcomes for suicidal loved-ones? For example, is the outcome better when a parent watches a suicidal loved-one 24-7 (i.e. leaves work), than when a parent works during the day but is always on "alert" and spends all their time with the suicidal person when not at work?
- Does the suicidal youth want loved ones to open-up and talk about suicide prevention?
- What does the expression "to have them formed" mean?
- If you have a child that often threatens suicide to get out of a situation, i.e. getting caught for stealing, how seriously should you take this? Is it just because they were caught and are trying to deflect onto something else or is this a real threat? How do I evaluate the degree of severity?
- What is suicide?
- What do you need to know when your child is admitted as an inpatient for a suicide risk?
- What do you need to know when your child is NOT admitted as an inpatient for a suicide risk?
- What do you need to know when your child has been discharged from the hospital for a suicide attempt or ideation?
- What is our current understanding of suicidality? What do we think we know, what are the differing perspectives, or emerging ideas about what causes it?
- What are the best practices for treatment?
- What is the best approach to take as a parent when intervening?
- What is the best approach to take as a parent for prevention?
- Is it even possible to keep a suicidal person safe?

QUESTIONS FOR THE FUTURE

SOCIAL MEDIA AND SUICIDE

- How can a parent help shutdown the online chat sites where people encourage suicide, as well as sites that set out specific ways to do it?
- How do you help them to disconnect from social media, especially at night?
- How can you keep your child safe in a world that communicates primarily through social media?
- How can you limit exposure to social media without making your child a social outcast within their peer group?
- How to talk to youth about the risk of information online and chatting with strangers?
- Is social media to blame for the rise in youth suicide?

NON-CRISIS ACTION

- What do I do when my child is resisting help?
- If I am away, for example out of town, who do I call if I am concerned and worried about my child. Can a wellness check be done?
- How do you stay vigilant without eroding trust between yourself and your child?
- How do you respect their privacy and still ensure safety?
- After talk of suicide or an attempt, how can I let my child grow without being a "helicopter parent" for the rest of their life?
- How can I convince my child to stay alive while we grind through attempting different medications and therapy when neither one of us believes she will get the help she needs (as all the strategies we've attempted have not worked so far)?
- I took my daughter to the emergency room because she was suicidal. They sent her home with an appointment in 2 weeks. How am I supposed to keep her safe at home in the meantime?
- My daughter goes to university out of town. When she's low, she usually comes home but sometimes she wants to stay at school. Should I ever insist that she comes home? How can I monitor her mental health and risk of suicide from a distance?
- How do I make him get help?
- When he does go for help, he says it does not work. What do we do now?
- How do I ask my child to implement self-care when they say that their mental health won't let them do so?
- How do we respond without making the situation worse?
- How do I step in when I suspect suicidal ideation?
- When a teen goes through heartbreak and begins to get depressed and feel sad all the time, what do we do to help them move forward?
- How do I help my child when the risk isn't immediate, but I feel that suicide could be a possibility if help isn't given?
- I become so vigilant after a crisis, when can I let my guard down?
- Can we ever leave them on their own?
- How do I help them while waiting for an appointment?
- What resources are available to support us?
- What steps should a parent be taking to help their child after they've become suicidal?

QUESTIONS FOR THE FUTURE

PREVENTION

- What can be done to decrease the occurrence of this issue with future youth?
- What steps do we take to promote safety without wasting valuable resources?
- How do I prevent it or a relapse in the future?
- Before an attempt: What can we do as a family to help prevent suicidal ideation?

PARENTS & CAREGIVERS

- How can you prevent mental and emotional fatigue in parents that have a child that constantly threatens suicide?
- How do I sleep at night? I lie awake listening to every sound coming from his room month after month.
- How can I be protective without completely losing my mind?
- How can you give them space if you don't trust them?
- How do I parent a child who wants to die vs one who does not want to die?
- How do I parent my other children properly when all my time and emotional energy is focused on keeping one alive?
- How do I help my other children understand and support their brother rather than resent him?
- What strategies can I use to keep my child engaged in the home ?
- Did I do something wrong to cause this?
- What tools can I offer my child to build resiliency so he/she can better manage their own mental health crises when they are older?
- What are a parent's rights in terms of advocacy?

SCHOOLS

- How can I hold schools accountable for safety?
- When my daughter was feeling suicidal she still wanted to go to school because she was afraid of losing touch with her classmates academically and socially. How do you know when to encourage her to resume her routine? School can be very stressful for her.
- How do I talk to teachers about the warning signs of depression in vulnerable children?
- How can I work with school to better help my youth?
- How do you work with schools, specifically when the child is away from school or when they are still living at home?

OTHER

- What do I do when my child refuses professional help?
- When the hospital sent us home, they said it was no longer a crisis. Why is it that at that moment it was still a crisis to my family and stayed that way?
- Youth perspective - what do you wish your parents knew?
- Why can't the police bring them home when they run away, if this is where they live and I know the child is at risk?
- Why are parents judged when we bring our suicidal children to the emergency room?
- Is there a way to intervene if a young suicidal adult is receiving lethal medications by mail?