

PREVENTING A CRISIS

STRAIGHT TALK ON YOUTH MENTAL HEALTH & SUICIDE

GET HELP • FIND HOPE

Helpful tips and resources for parents and gaurdians

Suicide Prevention Numbers:

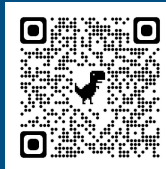
Chat: www.idahosuicideprevention.org/chat/

Call: 800.273.TALK (8255)

Text: 208.398.HELP (4357)

Parent Support Groups

There will be parent support groups beginning January 17, 2022. For more information please contact Janelle Stauffer at janelle@janellestauffer.com



QPR: Free, One-Hour Online Suicide Prevention Training

Just like CPR, QPR is an emergency response to someone in crisis and can save lives by teaching common causes of suicidal behavior, warning signs of suicide and how to get help for someone in crisis. Scan the code to register.

NAMI Get Help Resource Calendar

Learn about upcoming support groups, trainings and connections at namiidaho.org/calendar

Helpful Conversation Tips:

- Does your child have a trusted adult they can go to in times of need?
- Does your child have a plan for boredom and free time during the holiday break?
- Does your child feel capable of talking about big feelings?

If your child is talking about harming themselves please reach out for help.

Regional Behavioral Health Line: **208.459.0092**
Anyone can call 24/7 and be connected to a clinician

