



# Building Life Skills



## Key Building Blocks to Help Kids Succeed

Search Institute identified 40 building blocks of healthy development that help young people grow up healthy, caring and responsible. These building blocks are referred to as “assets”. This month’s asset focuses on Positive Family Communication.

## Kids are talking; you should too

Did you know that in Lorain County 9% of sixth grade students reported attempting suicide last year? With social media and TV shows that graphically depict suicide, our children are thinking about, talking about, and even attempting suicide at younger and younger ages. They are also NOT talking to their parents about this. Only 14.5% of sixth grade students who reported feeling depressed or suicidal also said that they discussed this with a parent, and that percentage gets lower the older kids get.

### It is time for parents to be part of the suicide conversation.

If a parent or a trusted adult asks a child about suicide, it does NOT plant a seed. When someone is in emotional pain, ask them directly: “Are you thinking about killing yourself?” People who are having thoughts of suicide often feel relief when someone asks them in a caring way. In fact, asking the question could be a lifeline to someone who feels alone and misunderstood.

If you don’t know how to start the conversation, check out this link: <http://bit.ly/askvideo>.

Do not be afraid to ask. There is help available *no matter what the answer*.

•If your child is suicidal, do not leave him or her alone. Call the 24/7 Mental

Health Crisis Hotline at 1-800-888-6161.

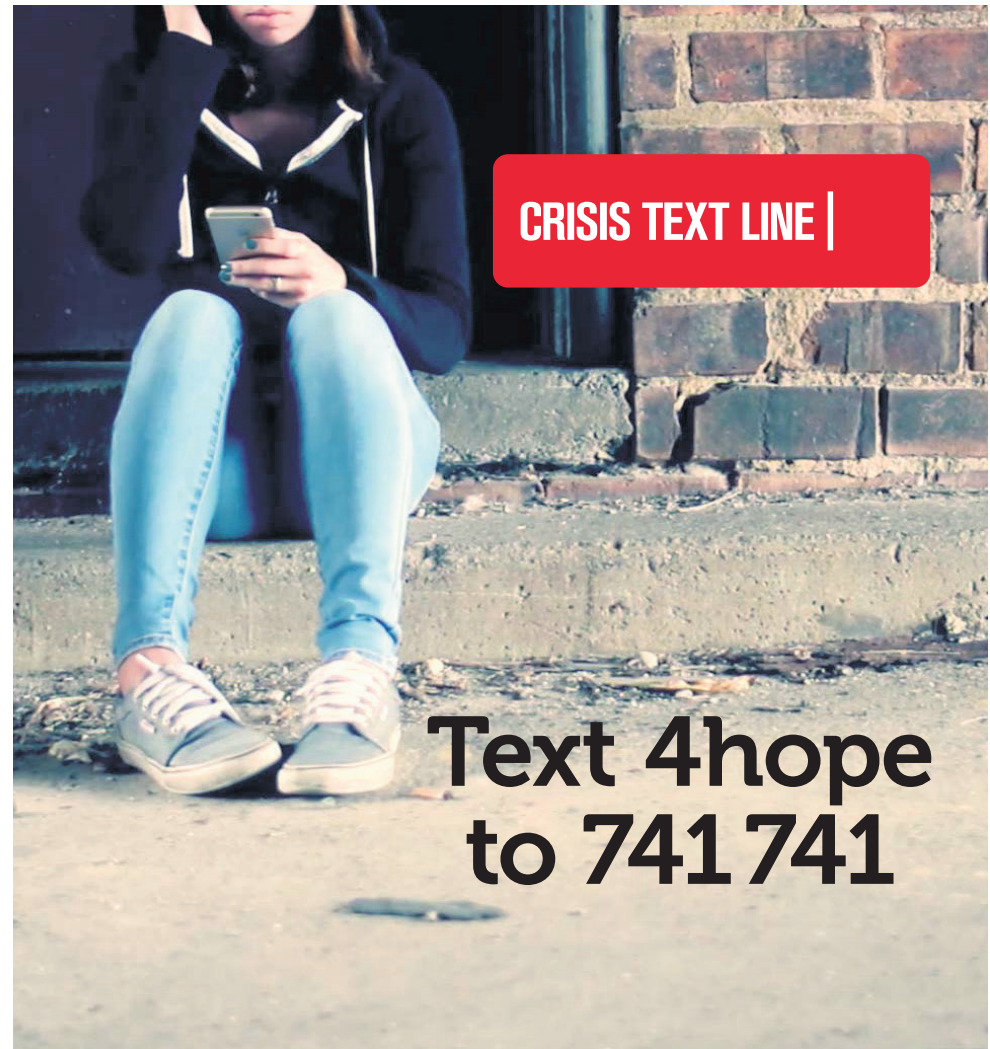
- If your child is not suicidal but would like to talk things out with a trained Crisis Counselor via text, text 4HOPE to 741741. This free, confidential resource is available for adults, too!
- If your child would like to talk with a counselor but you don’t know where to start, call the Navigator to speak with a licensed social worker about which service may be best. Mental health services are available for all Lorain County residents, regardless of the ability to pay. Interpretation and transportation assistance is also available. For non-emergency mental health needs, call the Navigator line 440-240-7025 during weekday regular business hours.

The bottom line: help is available. Start the conversation. Your child needs to know that it is safe to talk to you about depression and suicide. What he or she will hear from friends may not be the right message.

### Learn what to say

The Lorain County Board of Mental Health offers free trainings that will help you be prepared to help if your child or any other person in your life is struggling.

**Trainings are free and open to anyone who lives in and/or works in Lorain County. Find upcoming trainings at [lcbmh.eventbrite.com](http://lcbmh.eventbrite.com), and additional resources at [lcbmh.org](http://lcbmh.org).**



We’re there anytime, day or night, to help with whatever is hurting you.

