

WORKSHEET: Working with Parents

(Parents)

Suicide Prevention

CWK Network

Considerations - Parents are often challenged by the news that their child may be at risk for suicide. While some parents readily embrace this challenge, and can access community mental health resources, other parents can find the prospect of a diagnostic label, psychiatric hospitalization, or even mental health evaluation to be overwhelming, inaccessible, and intimidating. Schools that take advantage of opportunities to normalize mental health care, and educate parents about warning signs and community resources, prepare parents to meet their child's future needs should the challenge arise.

Online resources

[Society for the Prevention of Teen Suicide Parent page](#)

[Suicide-proof your home](#)

[Brief awareness video - warning signs](#)

Printable resources

[SPC-NY Parent brochure with FACTS warning signs](#)

BENCHMARKS: Score your school's status from 1 to 5 with regards to the benchmarks below. Then note some initial steps toward best practice.

| BENCHMARKS - Working with Parents | 1 | 2 | 3 | 4 | 5 |
|--|---|---|---|---|---|
| A. All parents are provided with education about mental health and wellness and early warning signs of mental health concerns. Planning notes: | | | | | |
| B. Parents are provided with education about trauma and the warning signs of trauma reactions and what to do about it. Planning notes: | | | | | |
| C. Community mental health resources are invited to participate in open house or other opportunities where parents may be at school. Planning notes: | | | | | |

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|--|--|--|--|--|--|
| <p>D. Mental health information and resources are available on school website parent page.</p> <p>Planning notes:</p> | | | | | |
| <p>E. Parents are educated about cyberbullying, traumatic stress, depression, anxiety, suicide prevention awareness.</p> <p>Planning notes:</p> | | | | | |
| <p>F. When a child is at risk for suicide, parents are provided with information about mental health referral procedures, resistance is explored, and parents are invited to participate in collaborative decision-making.</p> <p>Planning notes:</p> | | | | | |

1 = not yet an item of focus, 2 = initial actions have been taken, 3 = several steps have been taken, 4 = nearly integrated into practice, 5 = comprehensively and sustainably integrated into practice