

Supporting Your Teen After the Suicide of a Friend

- Offer condolences to your teen for the death of his/her friend and ask if there are ways you can help him/her through this difficult crisis. Offer to accompany your teen to the wake or funeral if he/she would like to attend.
- Monitor your own anxiety level. If your primary concern is whether or not your own child is at risk, your child will be more annoyed since he/she is probably feeling more angry or sad about what has just happened.
- Support your teen's school administrators and faculty who have also experienced a profound loss. Suicides can often lead to blaming school personnel and policies. You will be modeling for your child as well as supporting an environment that is very important to them. You will also be conveying to them you have confidence in the school's ability to keep them safe.
- Do ask the school for facts they are allowed to release about the death and what the school plans are for responding to this crisis. Also ask about the local resources school officials have identified to support students, faculty, and the larger community.
- Encourage your child to stay in school in the aftermath of a crisis. Students will be far safer in the routine of the school day. Most schools will have flexible scheduling, reduced workloads, and provide a safe place for those students who need permission to grieve. Students should be discouraged from congregating at a friend's house during the school day when there is no parental supervision.
- Educate yourself about the signs and symptoms of adolescent depression and substance abuse. Every parent hopes that he/she never needs this kind of information, but it will give you some relief to learn that teens do not kill themselves solely because they are under significant stress.
- Monitor your child's reactions. Feelings are only one way to measure how someone is doing. Behavior changes like decreased appetite, social withdrawal, sleeping problems, and physical sensations such as lack of energy, stomach pains, etc. are also important clues.
- Encourage all family members to identify coping strategies they have used in past crises — exercise, reading novels, and spending time with friends.
- When the opportunity presents itself for an in-depth conversation with your teen about why his/her friend ended his/her life, make sure your child understands that most suicides are preventable and that suicide is a permanent solution to a temporary crisis. Make sure he/she knows to tell a trusted adult if he/she has concerns about other friends or classmates who may be depressed or suicidal.