

# Is your child expressing suicidal thoughts?

## Are they...?

- Aggressive or angry
- Expressing that they wish they were dead
- Withdrawing themselves from situations
- Feeling useless or worthless
- Expressing self-loathing
- Worried/anxious or restless
- Fixated with death
- Lacking motivation



It's important that you and your child know that suicidal thoughts do not always mean that someone wants to take their own life, it is a scary time for both your child and you!

## TOP TIPS

- Expressing suicidal thoughts doesn't always mean you want to die, sometimes it's about wanting a certain situation or a feeling to stop, these thoughts and feelings should be explored with your child.
- Reassure them that you are listening and hear what they are saying.
- Get professional support for you and your child, early intervention is crucial.
- Being mindful of the warning signs and risk factors that may increase your child's risk of suicidal thoughts is important.
- Maintain a safe environment, recognising and removing any items which may pose a risk.
- Keep school informed, so that they can support your child and make any necessary referrals.
- This can be a very difficult and scary issue for you to discuss and cope with, please seek further help/support for yourself.

If you need help for your emotional wellbeing and mental health, the NHS Calderdale CCG website offers tips, information and guidance:

<https://www.calderdaleccg.nhs.uk/wellbeing/>

For more tips, information & support go to  
[www.openmindscalderdale.org.uk](http://www.openmindscalderdale.org.uk)

# Emotional Health and Wellbeing Service Offer for Children and Young People in Calderdale



Open Minds website provides advice, information and support on local and national services that help children and young people.

[www.openmindscalderdale.org](http://www.openmindscalderdale.org)

**kooth**



Kooth.com offers safe anonymous online counselling with a qualified professional.

Age range: 10-25years  
Opening times:  
Mon-Fri, 12pm-10pm. Sat-Sun 6pm-10pm  
Contact details: [www.kooth.com](http://www.kooth.com)

**TIMEOUT**  
FIND YOUR THING



Time Out offers the opportunity to 'find your thing', get some simple guidance around emotional wellbeing, managing worries and looking after yourself.

Age range: 10-19 years  
Contact details: 07418 311736 (text for a call back)  
[www.timeoutcalderdale.co.uk](http://www.timeoutcalderdale.co.uk)

**POSITIVE IDENTITIES SERVICE**  
CELEBRATING DIVERSITY WITH PRIDE



Barnardo's Positive Identities Service offers specialist advice and support to those who identify or are questioning their sexual and/or gender identity.

Age range: 8-25 years  
Contact details: 01422 371993 or [PositivIdentities@barnardos.org.uk](mailto:PositivIdentities@barnardos.org.uk)

**Open Minds**  
For Children and Young People in Calderdale



Open Minds (CAMHS) offers specialist help and support around mental health.

Age range: 5-18 years  
Contact details:  
[www.calderdalecamhs.org.uk](http://www.calderdalecamhs.org.uk)

**c&k careers**



C&K Careers offers specialist advice, support and guidance on future career options.

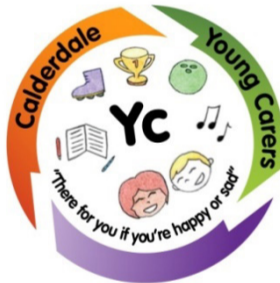
Age range: 13-24 years  
Contact details: 01484 213856 or [chat@ckcareers.org.uk](mailto:chat@ckcareers.org.uk)

**ChatHealth**



ChatHealth offers a confidential and secure text messaging service to discuss physical health and emotional wellbeing.

Contact details: text 07480 635297 or [www.locala.org.uk/chathealth](http://www.locala.org.uk/chathealth)



Calderdale Young Carers Service for advice and support on being a young carer.

Age range: 8-18 years  
Contact details: 01422 261208 or [www.calderdale.gov.uk/y/cs](http://www.calderdale.gov.uk/y/cs)

**Healthy Futures Calderdale**



Healthy Futures Calderdale offers advice and support from public health clinicians on any concerns you have relating to COVID-19, including worries about the return to school.

Contact details: 0303 330 9974

**branching out**  
DRUG AND ALCOHOL SERVICE FOR YOUNG PEOPLE IN CALDERDALE



Branching Out offers specialist advice and support around drugs and alcohol.

Age range: 10-21 years  
Contact details: 01422 415550

**Sexual Health**  
Calderdale & Huddersfield



Sexual Health offers specialist advice and support around sexual health.

Contact details: 01422 261370

**THE BREW PROJECT**  
Building Resilience & Emotional Wellbeing



The BREW Project offers online 1:1 support sessions with a wellbeing officer or a 1:1 walk and talk service.

Age range: 5-17 years  
Contact details: 01422 730015 or [support@invictuswellbeing.com](mailto:support@invictuswellbeing.com)

For more information and support visit [www.openmindscalderdale.org.uk](http://www.openmindscalderdale.org.uk)