

## Talking about suicide with young people

The impact of losing someone to suicide can be overwhelming and confusing, especially for young people. The following table contains some practical dos and don'ts when talking to a young person following a death by suicide.

<b>Be honest</b> ✓ Have open and sincere conversations with young people	<b>Avoid judgement</b> ✗ Avoid using stigmatising language when talking about suicide
<b>Keep it simple</b> ✓ Explain things in a way that is age appropriate for a young person	<b>Don't pry</b> ✗ Don't push for information, this can be traumatic for young people and is unhelpful
<b>Check in</b> ✓ Even if they seem okay. They may need time to make sense of the loss	<b>Don't blame</b> ✗ It may be important to offer reassurance that they are not responsible for the suicide
<b>It is okay</b> ✓ Grief is individual. It is also okay to talk about your emotions and about how they are feeling	<b>Don't ignore</b> ✗ If there are worries about how a young person is coping, seek help. If you don't have the answer, someone will
<b>Be patient</b> ✓ It is normal for everyone to process these events at their own pace. Allow yourself and others time to grieve	<b>Don't forget you</b> ✗ If you are supporting a young person bereaved by suicide it is important to look after your own mental wellbeing

### For further information and resources please

#### Visit

[www.wellways.org](http://www.wellways.org)  
[www.reachout.com](http://www.reachout.com)  
[www.supportaftersuicide.org.au](http://www.supportaftersuicide.org.au)

#### Call

Kids Helpline – 1800 551 800  
Lifeline – 13 11 14  
*beyondblue* – 1300 224 363  
Murrumbidgee AccessLine – 1800 800 944

[wellways.org](http://wellways.org) | 1300 111 400

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