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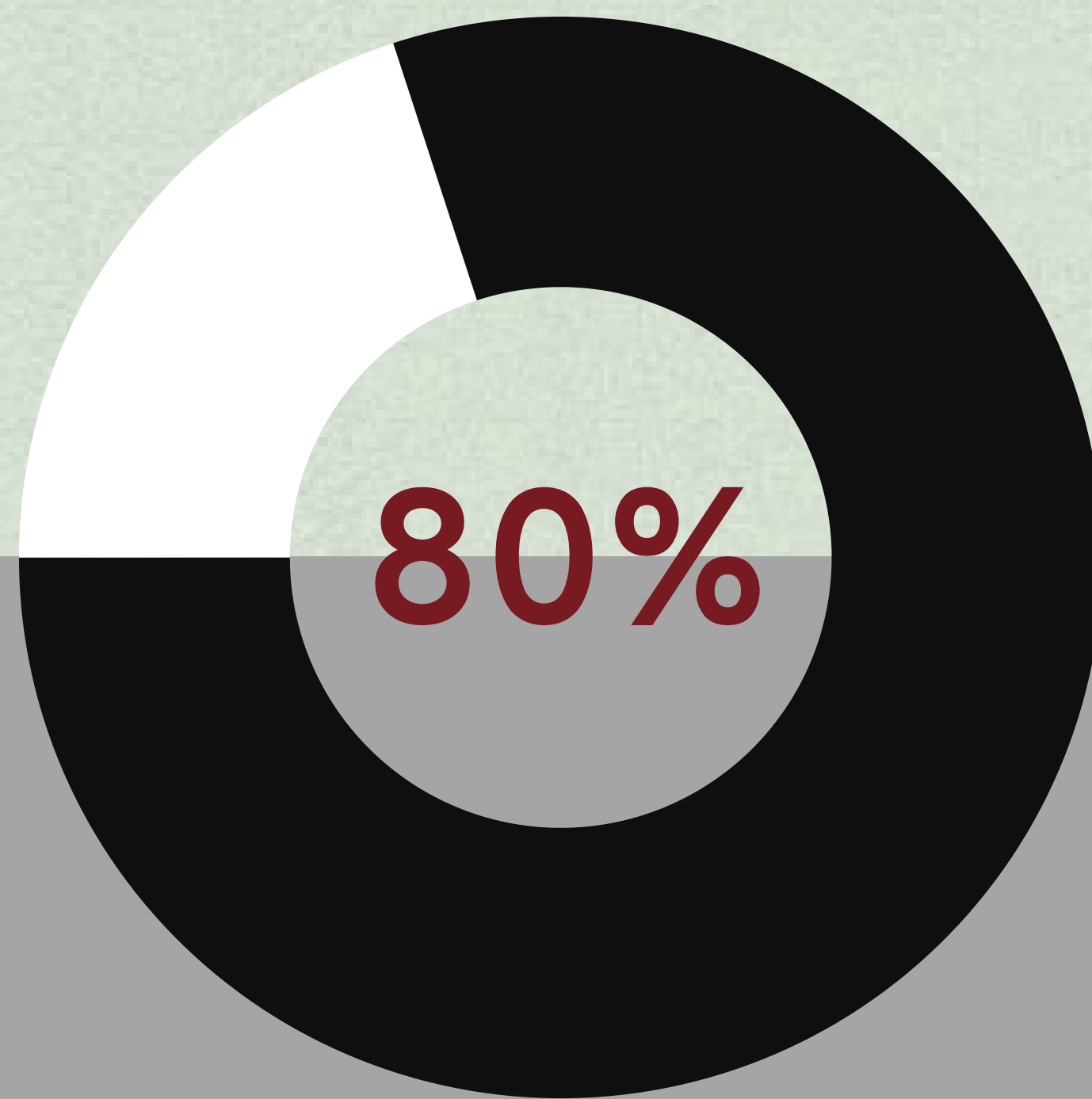
Create Awareness: Parent Tips To Help Your Student



The Office of Health and Social Services wants you and your family to join the national movement to raise awareness about mental health. Please join us by participating in "Wear Green" on May 7, 2021. This will support to continue to fight the stigma, educate the public, and advocate for policies that support mental health. In honor of *Mental Health Awareness Month*, we encourage you to speak with your student and use the tips and resources to help guide you.



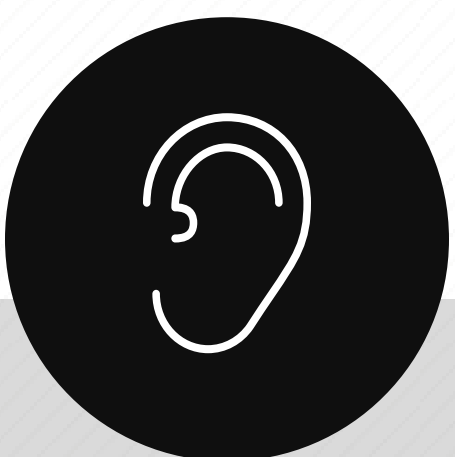
Nearly 80,000 Georgia students in 6th-12th grade reported having seriously considered attempting suicide.



of those thinking about suicide want others to be aware of their emotional pain and to keep them from dying.



According to the Supporting Children's Mental Health in Georgia Schools and Youth Suicide Prevention Fund



TIP 1 Listen

Show you care

- "How are you feeling today?"
- "I'm here for you if you want to talk."



TIP 2 Ask

Be direct and caring in your questions

- "Are you thinking about harming yourself?"



TIP 3 Get Help

Go to an adult or call a professional to help

- "Will you go see the counselor/social worker with me, I think they could really help."



TIP 4 Offer Hope

Remind them that they matter to you and others, they have unique strengths and abilities.

- "I admire you for your talents."

Scan Here for Resources



Talking to students about mental health concerns **does not** make them more likely to attempt suicide. In fact, talking about it gives an opportunity for help.