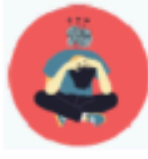


COMM September is National Suicide Prevention Month

Tips from Our Mental Health Ministry

ALLOW YOU AND YOUR CHILD

to think, feel, and express whatever is stirring within them. Vulnerability, sadness, and fear while struggling with unanswered questions are common when a young person is struggling with mental illness and depression. It is helpful to name and express our feelings in caring relationships. Allow for the fact that children, young adults, and older adults may respond differently to the same experience.



PROVIDE EMOTIONAL SPACE

for your child and remember that there is no single response for all teens and young adults who have suicidal ideation. LISTEN FIRST - pay attention to your child and observe how they are doing. Allow their behavior to inform your response. Take steps to prevent isolating behaviors when a person is feeling especially down or depressed.



MAKE CONVERSATION USING OPEN ENDED QUESTIONS

and listen without judgement. Some good questions are:

- *How are you doing?*
- *What are you thinking and feeling?*
- *What can I do to help you have a better day?*
- *Do you have any questions?*



Parents do not have all the answers, nor can we make pain go away. Yet we can be present to our children by listening, hugging, and expressing our love.

PROVIDE TENDER REASSURANCE

to your child. This reassures them that they are not alone and that you are there for them at painful and joyful times. Remind them of how grateful you are that they are in your family and that you love them just the way they are! Give them the gift of time. Do something with them that they enjoy doing.



JOIN TOGETHER IN COMMUNITY

because it is essential to make relational connections within and beyond your family. People of all ages need to know in their hearts that they are not alone. Saint Ambrose Parish CARES! We need each other and we seek to be there for each other in our time of need. There is always a place for you at Saint Ambrose and we are incomplete without YOU – come be with us!



Share this Prayer!

PRAYER FOR THOSE DWELLING IN THE SHADOWLANDS

God of darkness,

You must be the god of darkness because if you are not, whom else can we turn to?

**Turn to us now. Turn to us.
Turn your face to us.**

Because it is dark here. And we are in need. We are people in need. We can barely remember our own truth, and if you too have forgotten, then we are without a hope of a map.

**Turn to us now. Turn to us.
Turn your face to us.**

Because you turned toward us in the body of incarnation. You turned toward us. Amen.

*Prayer by Irish Poet,
Padraig O'Tuama*



STAMBROSE.US/MENTAL-HEALTH