
Another common behavior in children with a risk of suicide is self-harm or self-injury. Prior to attempting suicide, children will intentionally harm themselves or engage in risky behavior where they know they can be injured.

Like teens and young adults, children tend to blow events out of proportion and become consumed by them. What may seem like a trivial event or temporary circumstance to you, may appear to be life shattering, permanent or inescapable to a child.

Most children seldom anticipate life beyond several days into the future and it's due to the ongoing development of their brain. They are simply not yet able to anticipate life that far into the future or imagine how the circumstances of their life can be drastically different years, months, or even just weeks into the future.

This inability to envision a distant future adds to a child's belief that current events or circumstances are unchanging, are unable to be fixed, are unavoidable, unforgivable, or unending. Whether with parents, teachers, or mentors, it is fundamentally important that a child have an open relationship with an adult or young adult to whom they look up to and can communicate with freely and rely on for advice, encouragement, safety, emotional support and stability.

Giving a child the opportunity to talk about things without judgement and without repercussions is essential for a trusting, honest, and open

relationship. The sort that could, if need be, save them from making an impulsive and life-ending decision.

After discovery or intervention, appropriate pediatric counseling should be initiated in children who have attempted suicide or are showing suicidal ideology. Never assume it's a phase or that they are too young to be suicidal. Mental health care is as equally important in children as it is in teens and adults, giving them the skills they need to better deal with the issues they are facing and will face in their future.



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