

# STRATEGIES FOR ADDRESSING CRISIS SITUATIONS

# 988

## Suicide & Crisis Lifeline

### 1. Stay Calm:

Approach the conversation calmly and reassure your child that it's okay to feel upset or worried, and you're there to support them.

### 2. Identify Triggers and Coping Strategies:

Work with your child to identify what triggers their distress and discuss healthy coping mechanisms like deep breathing or creative activities.

### 3. Develop a Crisis Plan:

Collaboratively create a plan that includes emergency contacts and steps your child can take if they feel overwhelmed.

### 4. Reassure Them of Support:

Continuously reassure your child that professional help is available and that reaching out is a brave and positive step.



# ND THRIVES

## Rural & Tribal Youth Suicide Prevention