

PARENT RESOURCE GUIDE

LISTEN. UNDERSTAND. SUPPORT. WALK TOGETHER.

*Your child's mental health matters.
You are not alone, and there is hope.*

STRONGER
PARENTS.
BRIGHTER
TOMORROWS.

REAL CONVERSATIONS BUILD STRONGER TOMORROWS.

A PRACTICAL GUIDE
FOR PARENTS WHO WANT
TO LOVE, LISTEN, AND
MAKE A DIFFERENCE.



1. BE PRESENT BUILD CONNECTION.

- Make time for regular, meaningful conversations.
- Show genuine interest in their life, thoughts, and feelings.
- Be available without constant distractions.
- Create safe spaces where they feel heard and accepted.
- Let them know they are valued, loved, and not alone.



*Presence today
can prevent a crisis
tomorrow.*



2. RECOGNIZE KNOW THE SIGNS.

- Changes in mood, behavior, sleep, or appetite.
- Withdrawing from family and friends.
- Loss of interest in things they once enjoyed.
- Talking about feeling hopeless, worthless, or being a burden.
- Giving away possessions.
- Saying things like "I can't go on" or "I just want it to end."



*Trust your instincts.
It's better to ask
than to miss the signs.*



3. START THE CONVERSATION

LISTEN WITHOUT JUDGMENT.

- Ask simple, open questions like, "How are you really doing?"
- Be willing to listen, even when it's hard.
- Validate their feelings. Don't dismiss their struggles.
- If you're concerned, ask directly, "Are you thinking about suicide?"
- Keep the conversation going.
- Let them know it's okay to talk about mental health.



*A caring conversation
can open the door
to hope.*



4. SUPPORT WALK WITH THEM.

- Encourage professional help (counselor, therapist, doctor).
- Offer to go with them if they're open to it.
- Stay connected. Check in regularly.
- Be patient. Healing takes time.
- Respect their journey and boundaries.
- Remind them of their strengths, gifts, and God-given purpose.



*You don't have to fix
everything. You just have
to keep showing up.*



5. POINT TO HOPE SPEAK TRUTH. BUILD FAITH.

- Remind them their life has value and purpose.
- Share encouraging Scriptures when appropriate.
- Help them take the next small step.
- Pray with them, if they're open to it.
- Celebrate progress, no matter how small.
- Keep believing in them, even when it's hard.



*There is hope beyond
this season.*



6. TAKE CARE OF YOURSELF YOU MATTER TOO.

- Acknowledge your own feelings and seek support.
- Pray and stay connected with other trusted parents, friends, or mentors.
- Set healthy boundaries.
- Don't carry the weight alone.
- Remember: you can't pour from an empty cup.



*A healthy you
helps them have a
brighter tomorrow.*



HOLD ON TO THESE TRUTHS

- You are not alone. (Deuteronomy 31:6)
- Your child is known and loved. (Psalm 139:1-4)
- There is a purpose. (Jeremiah 29:11)
- His grace is enough. (2 Corinthians 12:9)



REMEMBER

- Mental health struggles are real.
- They are not a sign of weak faith.
- Talking about suicide does not plant the idea — it shows you care.
- Hope, healing, and brighter tomorrows are possible.



TOGETHER WE CAN

- Break the silence.
- Remove the stigma.
- Create safer, more supportive families and communities.
- Help our children and teens thrive in the life God designed for them.