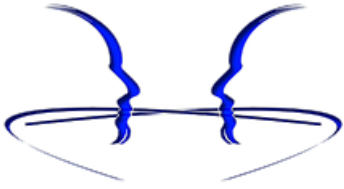


## How to Help



### Guidelines

Create a safe space.

Don't judge, yell, or blame; simply listen.

Resist the urge to fix.

### Remember

It's not personal.

What seems trivial to you can be monumental to your child.

Listen and wait. This isn't a one-time conversation.

Your child wants to be heard.

### Ask

I noticed you haven't been acting like yourself. Can you share what's going on?

Have you thought of hurting yourself?

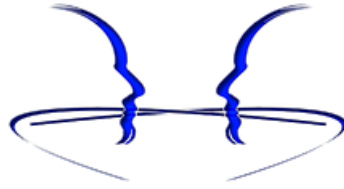
Would you like me to find someone you can speak to?

### Powerful Words

I'm here for you.

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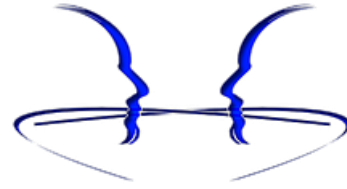
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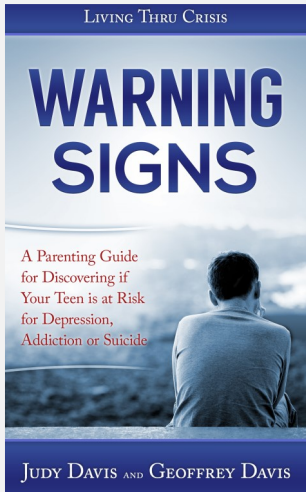
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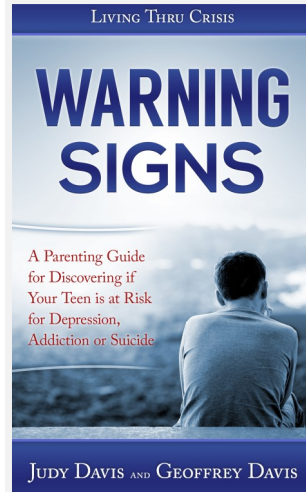
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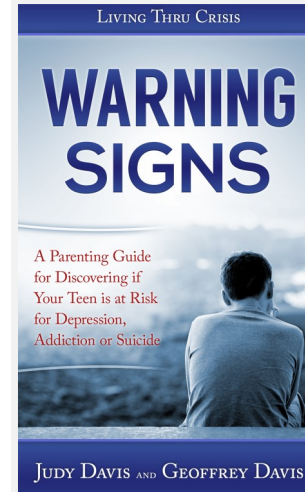
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- Programs and Services
- Stories
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