IS YOUR CHILD ACTING DIFFERENTLY?

STEP IN!

OVER 1 IN 4
Duval County MIDDLE SCHOOL students seriously thought about committing suicide.

ALMOST 1 IN 3
Duval County HIGH SCHOOL students felt sad or hopeless almost every day for two or more weeks in a row.

I am worried. Emily has been acting differently for a few weeks now.

I have noticed too...not hanging out with her friends as much, sleeping a lot, and not eating very much.

What do you think we should do? I am really concerned.

We have to stay calm. Let’s have dinner together to come up with a plan to talk with her.

Ok. I think it is important that she knows we understand if she is feeling scared, sad, or hopeless. I don’t think we should dismiss whatever she is feeling or thinking.

...and that we care about her, love her, and want to help.

Sounds like a plan!
See you at dinner!

Crisis Text Line
Text HOME to 741741

National Suicide Prevention Lifeline
www.suicidepreventionlifeline.org
800-273-TALK (8255) | Espanol: 888-628-9454

Learn how to help your child in crisis or non-crisis situations
Find a course in Youth Mental Health First Aid:
www.mentalhealthfirstaid.org

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