

Supporting your young person

NIP emerging problems in the bud.

Notice

Changes in your young person's

B – Behaviours (eg. sleep, eating, motivation, risk taking)

E – Emotions (eg. anger, sadness, fear, apathy)

T – Thoughts expressed (hopelessness, death)

L – Learning (memory recall, focus)

S – Social Interactions (withdrawal, seeking connections)

Inquire

Get alongside your young person, ask with a desire to understand.

“I've noticed...I'm wondering what that's about?”

If you think your young person might be thinking about suicide, ask:

“Are you thinking about ending your life?”

Provide

Empathy – “Thank you for sharing with me, I care about how you feel and what you are going through.”

Reminders – “Remember how...helped you manage your emotions when...happened? Do you want to try that again?”

- “Remember when I was stressed out after ... and you ...? That helped me, do you think it might help you?”

Supervision – monitor from a distance, check in often, be open to get alongside your young person whenever they reach out with actions or words.

Connection- If you believe your young person needs more help than you can provide offer to make an appointment for them with the GP or headspace or to be with them while they make an appointment for themselves.

If you have immediate concerns that your young person will harm themselves or others, take them to Emergency or phone 000 and stay with them, or organise another supportive adult to stay with them until the risk is assessed by a medical professional.