



When a person tries to commit suicide it is important to be as non-judgmental as possible.

Children and teenagers may try to complete suicide during a depressive episode or a time of intense stress in the home and school environment. *It is crucial that parents do not become so overwhelmed in this type of situation that they impose guilt and shame upon the child.* This guilt and shame can result in a further separation between the child and their healing. Children and teenagers need the support of their parents daily and this same support is vital when a child is in a crisis situation such as a suicide attempt. After a suicide attempt a person is often filled with many mixed emotions and embarrassment.

When adolescents attempt suicide, they are faced with much scrutiny from family and friends. Some family and friends are supportive and others are judgmental and impose guilt. Often times parents are overwhelmed with the potential judgment that they may receive from loved ones. They can become defensive out of fear that others will judge their parenting and cause them to feel ashamed. This then leads to the parent sometimes harshly dismissing the child's attempt and chastising them for such an act. This is likely the unhealthiest way of responding to a suicide attempt. In one of the possibly worst-case scenarios, parents will not seek help for their child who has recently attempted suicide because they again wish to avoid labeling and stigma. This then results in the child believing that their parent is not truly concerned about their mental and physical health. Adolescents may pursue suicide, as a last resort to get the attention from loved ones. It can be an attempt to receive love and support. Given that, it is of utmost importance that the attempt not be ridiculed or minimized.



If a loved one attempts suicide it is crucial that this not be overlooked for fear of stigma and judgment. Denial is a form of reality distortion that is used to avoid acknowledging a difficult situation. Denial may cost a person their life. Even if it doesn't result in a life being lost however, it can surely result in the prevention of treatment.

Clarion Conscience  
Statement: I will show love and support to my loved one who is suffering from an unhealthy emotional state. I will not let perceived judgment, criticism, and denial prevent me from helping my loved one. I will never impose judgment upon my loved one, who has tried to commit suicide, because I now know that it will not support their healing.

If you have a loved one or child that is struggling with repeat suicide attempts or appears to be suicidal make sure you seek services for them. The attention and love that they seek is needed and they need to learn healthy means by which to obtain love and support. In a healthy home environment it is important to remove the denial and stigmatizing reactions that we have to our own loved ones. Although certain topics may not be easily discussed, take action with your family to heal the unhealthy functioning in the home.