

# Afraid to Ask: Talking with Children About Suicide



## ABOUT THIS WEBINAR:

Asking children about suicidal thoughts is terrifying. As parents and caring adults, we don't want to imagine children could be contemplating ending their life. Adults may struggle with anxious thoughts. Asking, "What if I say the wrong thing? What if they say no – did I just put the idea in their head? What if they say yes, what do I do? Is this my fault?"

This webinar discusses how service providers can assist parents in talking with their children about suicide.

## LEARNING OBJECTIVES:

1. Identify developmental considerations in talking with children about suicide
2. Discuss an approach for talking with your child about suicide
3. Identify steps for if youth say "Yes, I have thought about suicide."
4. Describe how and when to use 988

## PRESENTER:

**Dr. Teresa Humphries-Wadsworth**

Licensed Psychologist, Associate Project Director for the National Action Alliance for Suicide Prevention and the Suicide Prevention Resource Center

## EVENT PAGE:

[OneOp.org/Learn/160006/](https://OneOp.org/Learn/160006/)

## CONTINUING EDUCATION:

- **Social Workers, Licensed Professional Counselors, and Licensed Marriage and Family Therapists:** 1.5 CE credits will be obtained for Social Workers, LPCs, and LMFTs from the University of Texas at Austin, Steve Hicks School of Social Work
- **Case Managers:** This program will be submitted to the Commission for Case Manager Certification for approval to provide board-certified case managers with 1.5 clock hours
- **Certified Family Life Educators:** This program will be submitted to the National Council on Family Relations (NCFR) for 1.5 CE credit for CFLEs
- **Board-Certified Patient Advocates:** This program will be submitted to The Patient Advocate Certification Board to provide 1.0 CE credit to BCPAs, of which 0.0 are in the area of Ethics
- **Certified in Family and Consumer Sciences:** This course is awaiting approval for 1.5 CE credits from the American Association for Family and Consumer Sciences (AAFCS) for CFCS
- **Certificates of Attendance** are offered for those interested in documenting additional professional development hours

