



CHILD MIND®
INSTITUTE

CHILDMIND.ORG

Helping children when and where they need it most

For most parents it comes as no surprise that the pandemic has taken a serious toll on the emotional wellbeing of teenagers and young adults. Grief and loss, prolonged isolation and inactivity can all trigger depression and other mental health challenges. But a new report sheds light on an especially troubling trend: Over a quarter of young adults surveyed in June said that they'd seriously considered suicide in the past month. None of us wants to believe that a child of ours is at risk. But right now, staying alert to warning signs and talking openly with kids about how they're feeling is more important than ever. To mark the start of **National Suicide Prevention Month**, we're providing resources to help families keep children safe. We look at **risk factors** and **signs of trouble**, as well as **ways to support kids** and **encourage them to get help**.



Telehealth Appointments at the Child Mind Institute

During COVID-19 we are providing our full range of mental health services remotely

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Hannah Sheldon-Dean, Staff Writer | ✉



Signs a Child Might Be Suicidal

What to watch out for and how to help.

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Boletín semanal sobre coronavirus

[REGISTRESE ▶](#)



What to Do if You're Worried About Suicide

A parent's

guide to helping a child in distress.

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Neuropsychological Evaluations at the Child Mind Institute

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Signs of

Depression During the Coronavirus Crisis

Kids may need help to bounce back.

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Teen Suicides: What Are the Risk Factors?

Temperament, family and community all play roles.

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Parents Guide to Getting Good Care

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LGBT Teens, Bullying and Suicide

What are the causes and

how can we help?

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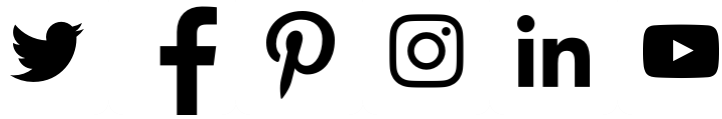


Helping Resistant Teens Into Treatment

And why they need to want to get better.

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