

# YOUTH SUICIDE PREVENTION

**Children and teens worry. A lot.  
Sometimes it gets so bad they want to end their lives.**

**You can support them by:**

- **Helping to improve their problem-solving abilities in non-violent ways**
- **Cultivating their social connections with families, friends, and community**
- **Hiding and restricting their access to lethal means of suicide**

**DCF's Children's System of Care can help any struggling youth receive:**

- **crisis stabilization**
- **individualized care planning**
- **in-home, in-community and out-of-home supports**

**If your child needs help, Don't wait!**

**Call:**

**NJ HOPE LINE at 1-855-654-6735**

**Children's System of Care at 1-877-652-7624.**

