



ARCHDIOCESE OF NEW YORK  
FAMILY LIFE

# HOPE AND ACTION FOR PARENTS OF TEENS AND YOUNG ADULTS

Suicide remains the second leading cause of death for youth and young adults, and one in five youth report having thoughts about ending their life. Parents play a special role in watching, listening and acting. While suicide can be a challenging topic to discuss, it has been proven that talking about suicide does NOT increase suicidal behavior. Rather, when initiated by trusted friends and adults, it sends the message that you care and want to help. Many teens who struggle with suicidal thinking keep their pain hidden, and as Dr. Pamela Morris explains, “suicidal thinking, whether it is the result of mental illness, stress, trauma, or loss, is actually far more common and difficult to see than many of us realize.”

*Despite the truth of our Faith that God loves each of us infinitely and is in every person’s life, and that He has a plan for each one of us, we all sometimes struggle and suffer, including our children.*

## JOIN US FOR A FREE WEBINAR ABOUT PREVENTING SUICIDE AMONG OUR CHILDREN

Sponsored by the Archdiocese of New York’s Family Life Office, this free Zoom-based webinar offers parents a safe and confidential way to learn about warning signs for suicide, and how to create space for loving conversations that may save a life.

*For questions or more information, contact Sue DiSisto, Parenting and Family Life Specialist in the Family Life Office at [susan.disisto@archny.org](mailto:susan.disisto@archny.org) or 646.794.3191.*

## TWO DATES AVAILABLE:

**Thursday, October 28 | 6:30 PM – 7:30 PM**

Q&A to follow presentation

For speaker background and to register:

[www.tinyurl.com/hopeandactionoct28](http://www.tinyurl.com/hopeandactionoct28)

**Wednesday, November 3 | 6:30 PM – 7:30 PM**

Q&A to follow presentation

For speaker background and to register:

[www.tinyurl.com/hopeandactionnov03](http://www.tinyurl.com/hopeandactionnov03)

## PRESENTED BY:



**Fr. Chris Alar, MIC**

Marian Fathers of the Immaculate Conception  
Author, *After Suicide: There’s Hope for Them and for You*



**Pamela Morris, PhD**

Professor of Applied Psychology  
at NYU Steinhardt School  
Loss survivor



**Stan Collins**

Suicide prevention specialist  
Co-founder, Directing Change Program  
Loss survivor

## ONE CALL OR TEXT CAN MAKE THE DIFFERENCE

These help lines are free, confidential, and available 24/7:

**National Suicide Prevention Lifeline**

1-800-273-TALK (8255)

**Red Nacional de Prevención de Suicidio**

1-888-628-9454

**Crisis Text Line**

Text “GOT5” to 741741