

# Suicide Prevention Resources

## Parents/Guardians

[How to Start and Continue a Conversation About Mental Health](#)

[Teens and Suicide: What Parents Should Know](#)

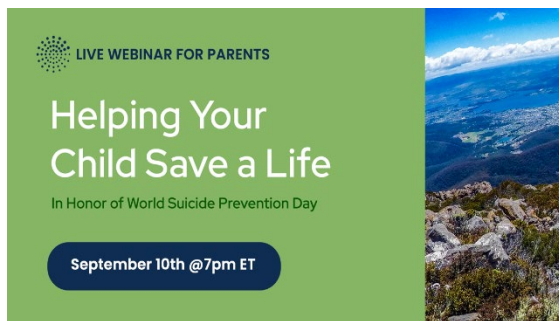
[Teen Suicide: What Parents Need to Know](#)

[How to Talk to Children and Teens About Suicide: A Guide for Parents](#)

[Taking Care of Your Mental Health in the Face of Uncertainty](#)

[Risk Factors and Warning Signs](#)

[If Someone Tells You They're Thinking About Suicide](#)



## Students

[I'm Your Canvas: Four Tips on How to Have a #RealConvo with a Friend](#)

[Save a Friend: Tips for Teens to Prevention Suicide](#)

[Reaching Out for Help](#)

**In case of an Emergency, Call 911**

**TEXT4HELP**  
1-844-201-9946

This is number exclusively for FCS Students. Text this number to connect with a mental health professional. Students will remain completely anonymous.



Students or Parents/Guardians can send us a tip to connect to FCS staff. Tips can be about mental health concerns, bullying, abuse, threats, etc.



GCAL can come to your location and complete an assessment to determine what type of support is needed.