

# healthline

HEALTH NEWS



## Bullying: How It Can Lead to Mental Distress, Suicide in Children

“These findings are an important learning that can be utilized in not only training medical professionals but also those charged with educating our children in schools and institutions of higher learning,” said [Dr. Faisal Tai](#), a psychiatrist and chief executive officer of PsychPlus.

“There are several ways that parents can help reduce the chances of their children being bullied in school,” he told Healthline. “Nurturing a positive family climate and teaching your kids emotional and interpersonal skills can be crucial. But establishing and building relationships with school personnel and other parents of children at the school can also be very helpful. Having a pathway of communication such as this can ensure that if problems do exist, you are in a position to get the support of educators and other staffers to make sure it is resolved amicably.”

