

Family Communication



September

National Suicide Prevention Month

Dear Eagle (Insert School Good morning Eagles (insert school name or mascot here)!

This month is National Suicide Prevention Month. Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender, or background. In fact, suicide is often the result of an untreated mental health condition.

Here at _____ (insert name of school), we value our students and their mental health. Since suicide is the second leading cause of death for youth age 10-34, we are raising awareness and reducing stigma by learning and talking about suicide. If you or someone you know is thinking about suicide, please see one of our counselors or staff immediately.

You and your children will have the opportunity to learn more _____ (insert text from checked boxes below).

- From our counselor, teacher, or nurse
- During a homeroom or advisory class activity
- At the information table in the library, lunchroom, or (other public area)
- In this week's health classes
- In the KnowYourNeuro.org website
- Other _____

Many children hear about suicide in elementary school and begin discussing it in middle school. Teach them what you want them to learn about prevention and treatment of suicide instead of them hearing about it elsewhere. Watch a KnowYourNeuro video about coping skills. Use the handout to generate discussion and set expectations about maintaining good mental health.

For questions or more information, please contact me.

School Official's Signature and Contact Information'