

Dear Families,

This Sunday September 10<sup>th</sup> is World Suicide Prevention Day and marks the beginning of World Suicide Prevention Week. As such, we wanted to provide you with some helpful information to help you talk with your child about this difficult topic.



Teenagers don't always share what's going on for them. It's much easier to say "I'm fine" than to attempt to explain their true thoughts and feelings. Because of this, it's important to notice changes in your child's attitude or behavior that may tell you he or she needs extra help. Being a teenager is hard! Many students experience stress, anxiety and depression at one time or another during middle school. This is important to note because sometimes those feelings can lead to thoughts about suicide. Suicide is the second leading cause of death

among school aged children, but it IS preventable. As parents, it's important to know some [warning signs](#) that could mean your son or daughter needs you more than they are letting on. Know too, though, that there are things you can do to help such as modeling open communication about your feelings, learning to listen and contacting a therapist or psychiatrist for extra support. Also, as always, please don't hesitate to contact your child's counselor if you ever have any questions or concerns about their behavior. For more information and to continue the conversation at home [click here](#).

Please also see the attached flyer about a presentation titled "A Conversation about Youth Stress, Mental Health, and Suicide Prevention." This FREE presentation is this Monday evening in San Carlos (September 11).

Register online (attendance is free) at <https://starvistayouthmentalhealth.eventbrite.com>

Warmly,

Chuck Perryman (A-L) and Charles Neal (M-Z)