

Additional Information:

Educating our students about how to take care of themselves and their friends is an important task. Students are most likely to talk to their friends when they are having a problem, and some students entering adolescence will experience a rollercoaster of difficult emotions. Depression (among the most common of mental illnesses) appears to be occurring at a much earlier age. Depression--which is treatable--is a leading risk factor for suicide. In addition, self-injury has become a growing problem among youth. While every student will not experience these feelings, any child may find themselves in a position to help someone who does.

To proactively address these issues with our students, we implemented Signs of Suicide (SOS) on Tuesday August 11th, during Ninth Grade Academy.

Our goals in participating in the SOS curriculum are straightforward:

- To help our students understand that depression is a treatable illness
- To explain that suicide is a preventable tragedy that often occurs as a result of untreated depression
- To provide students training in how to identify serious depression and potential suicidality in themselves or a friend
- To impress upon youth that they can help themselves or a friend by taking the simple step of talking to a responsible adult about their concerns
- To help students know whom, in the school, they can turn to for help, if they need it

Please feel free to bring questions regarding these topics for the discussion part of the evening.

*** We look forward to seeing you there! ***