

Family Communication



September 10

World Suicide Prevention Day

Dear Eagle (Insert School Good morning Eagles (insert school name or mascot here)! Today is World Suicide Prevention Day, an awareness day honored all over the world since 2003. Here at _____ (insert school name) we are committed to taking action to prevent suicides because we care about our students' mental health and well-being.

We cannot combat the stigma of mental illness and suicidal thoughts unless we openly talk about them. So, 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 _____

Talking about suicide should happen much earlier than you think! Use World Suicide Prevention Day as an opportunity to bring it up with your children. Use the resources and scripts in *The NeuroWhereAbouts Guide* to help tailor the discussion to fit the neurodevelopmental stage of your child.

For questions or more information, please contact me.

School Official's Signature and Contact Information'