



Dear Parents and Guardians:

The adolescent years are marked by a roller-coaster ride of emotions for youth, their parents and educators. It is easy to misread depression as normal adolescent turmoil. However, depression 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.

To proactively address these issues, Rangeview High School is offering depression awareness and suicide prevention training as part of the Signs of Suicide (S.O.S.) Prevention Program. The program has proven to be successful by increasing the number of students who seek help. These students may be concerned about themselves or a friend. This is the only school-based suicide prevention program listed by the *Substance Abuse and Mental Health Services Administration*. Our goals in participating in the program 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 signs of suicide 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 who in the school they can turn to for help, if they need it

The training will occur the week of October 30-November 3, 2017. If you have any questions and/or would like to meet with your student's counselor regarding the presentation, please contact Brook Knower, Counseling Secretary, at 303-326-1857 by Thursday, October 12, 2017.

If you do **NOT** want your child to participate in the S.O.S. program, please sign and return this letter to Mrs. Knower, Counseling Secretary, in the Rangeview High School Counseling Department by Thursday, October 26, 2017.

I do NOT want my student to participate in the S.O.S. Program.

Student Name \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

Thank you for your support.

Sincerely,

RHS Counseling Department and Ron Fay, Principal, Rangeview High School