



September 5, 2017

Dear Parents or Guardians;

This letter is to inform you of our Suicide Prevention Month activities here at Tehama eLearning Academy. We value you as important partners in our school and the education we provide your student. Outlined below are our plans to provide information and training on this important topic.

Suicide is an important topic to talk about with our kids and here is why:

- Suicide is the SECOND leading cause of death for ages 10-24. (2015 CDC WISQARS)
- Suicide is the SECOND leading cause of death for college-age youth and ages 12-18. (2015 CDC WISQARS)
- More teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, and chronic lung disease, COMBINED.
- Four out of Five teens who attempt suicide have given clear warning signs
- Most teens who attempt suicide have talked about it with their friends.

We will be focusing on being alert to the signs someone may show if they are thinking about suicide and how you can help. A trained speaker from the Tehama County Health Services Agency will come to share the information with our classes at school, with information prepared specifically for youth. Additionally, we may have some classroom discussion, research or assignments during onsite class that focus on suicide prevention. We will share resources available to help a friend who is talking about suicide or if they themselves are thinking about suicide. Additionally, we will talk about depression in general, and how to get help. We have many community resources for mental health and wellness in our community and even at our school site. We have a student advisor who is experienced in supporting students dealing with stress and challenging life issues who can help support your student at school. For more information, please refer to our Suicide Prevention Policy posted on our website www.telacademy.org

If you feel that this will be a highly sensitive subject for your student, please notify us as soon as possible. You can share this concern with your child's teacher, the front office staff or the principal.

Thank you for your ongoing partnership in your student's education and positive school experience.

Sincerely,

Michelle Barnard, School Principal



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