



# A Message from BNHS

*Keeping our families informed*

## SEPTEMBER IS SUICIDE AWARENESS AND PREVENTION MONTH

September 21, 2020

Dear Parent or Guardian:

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

Each year, Northwest ISD recognizes the national suicide prevention month, September. During this time, secondary campuses utilize the SOS Signs of Suicide® Prevention Program to bring awareness of depression and prevention. The program aims to increase awareness and encourages students to seek help when they are concerned about themselves or a friend. The message of the SOS program is to A-C-T – Acknowledge the signs of depression or suicide; show you Care; and Tell a trusted adult.

In addition to the school program, Byron Nelson High School utilizes a resource for parents and students, the SOS Signs of Suicide Portal, as a part of our school-wide suicide prevention efforts. This portal is designed to provide parents with information about our suicide prevention efforts and helpful tools for supporting your child's mental health. Resources include videos, a parental screening tool, and educational materials. School personnel will not be utilizing the SOS screening tool; however, as a parent, you may find the screening tool useful.

**To access the SOS parent portal:** <https://sossignsofsuicide.org>

Next, find the statement, “If you're a parent, click here.”

Byron Nelson High School will be implement the Signs of Suicide guidance lesson during our advisory period on September 28, 2020. If you do NOT wish for your child to participate in the SOS High School Program, please contact your child's counselor before September 27, 2020. Thank you for allowing us to partner with you in the awareness of youth depression and the prevention of suicide.

Sincerely,

**Dr. Ron Myers, Principal**

Paige Smith, Lead Counselor

Emily Shipman, Counselor

Leah Berry, Counselor

Ryan Laney, Intervention Counselor

Monique Chavez, Counselor

Christina Salcido, Counselor

Jennifer Martinez, Counselor