

## Suicide Prevention Information for Parents:

Last month we visited classrooms to present the district's Signs of Suicide message to our students. The district has also produced a 24 minute video emphasizing the role parents/guardians can play in suicide prevention that we'd like to share with you. Embedded in this video is the powerful video, **Together We Can**, that was developed by students in our district. Please find this resource at the following link as we continue to work together to support our kids:

[https://drive.google.com/file/d/1NoRlzLG5NdLfilylc7UD\\_zLXJaBu93AO/view?usp=sharing](https://drive.google.com/file/d/1NoRlzLG5NdLfilylc7UD_zLXJaBu93AO/view?usp=sharing)

(To access in all languages:

<https://drive.google.com/drive/folders/13WtHkkCq31z4IHziuSISySdgmbsT45Nh?usp=sharing> )

We'd also like to remind you that there are other valuable resources the district has pulled together for families as they face the challenges of supporting their children at home through these changing times.

- **Youth Suicide Prevention:** CCSD website has great information on risk factors, warning signs, resiliency factors to consider, and ideas on what you can do to support the mental health of your child: <https://www.cherrycreekschools.org/Page/4170>
- **CMS Virtual Calming Center** - CMS website with links to help students and families take a moment to breathe and relax before jumping into the next thing: <https://sites.google.com/cherrycreekschools.org/cms-calming-center/home>

Thank you for working with us to continue to support our Campus Middle School youth!

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