



Thunder Ridge Middle School

5250 South Picadilly Street
Aurora, CO 80015

Dear Parent or Guardian:

The adolescent years are marked by a roller-coaster ride of emotions- difficult for youth, parents, and educators. It is easy to misread depression as normal adolescent turmoil; however, depression (among the most common of mental illnesses) is occurring at a much earlier age. Depression- is a treatable, leading risk factor for suicide. We have been focusing on increasing support for students across grade levels by focusing on each student being able to identify a trusted adult, increasing mental health support services as a school district and in our own school community.

According to the 2021 report from the National Institute of Mental Health, there has been an upward trend in the percentage of students across every racial and ethnic group who felt persistently sad or hopeless. Statistics from the 2021 Youth Risk Behavior Survey revealed 22% of high school students seriously considered suicide in the previous year and more than 18% made a plan; up over 4% from the 2015 data. Depression can leave youth feeling worthless, guilty, and devoid of hope. Mental health is often not a popular topic of conversation due to fear and stigma, leaving students afraid to talk about these serious feelings.

Our goals in participating in the Mindwise: Signs Of Suicide educational program are straightforward:

- To help our students understand the difference between normal ups and downs and depression
- To understand coping strategies and identify trusted adults they can turn to for help, if they need it
- To 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 feelings 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

On the back of this page is a list of resources for you to keep

If you do *NOT* wish your child to participate in the Mindwise (SOS) Middle School Program in school, please complete the enclosed form and return it to Thunder Ridge Middle School to the attention of Cindi Tyler by September 6, 2024. If we do not hear from you, we will assume your child has permission to participate in this program.

In partnership,

I, _____, **do not** give my permission for my student _____ to participate in the SOS: Get into the ACT Program, to take place on September 10, 2024.

(Parent/Guardian signature)

Dream Big ● Inspire Everyone ● Create a Roadmap
Believe in Yourself ● Achieve ● Work Hard

One call can make a difference

You can get help for your child at the following facilities or individual practitioners. You may need to call several facilities in order to determine the one that best meets your needs.

Safe to Tell 1-877-542-7233

Text "TALK" to 988

Colorado Crisis Services- 1-844-493-TALK (8255) or text the word "TALK" to 38255

Aurora Mental Health Center (for residents of Aurora): (303) 617-2300 www.aumhc.org

All Health Network (for residents of Centennial) (303)730-8858 www.allhealthnetwork.org

Children's Hospital: (720) 777- 1234 www.childrenscolorado.org

National Alliance on Mental Illness: (303)321-3104 or text TALK to 38255

The Trevor Project: Suicide prevention effort for LBGTQ youth 8664887386 or text "START" to 678-678

1-800- SUICIDE

We also have the ability to make virtual at school therapy appointments for your student! Please contact your grade level counselor for information on Hazel Health.

Please keep in mind, when you call, text, or chat on a crisis line - it is confidential