

Dear Parent or Guardian:

The teen years are marked by a roller-coaster ride of emotions—difficult for teens, 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, and the past decade has seen teen suicide rates double.

To proactively address this issue, San Diego High School is partnering with San Diego Youth Services HERE Now program to provide a “Check Your Mood Week” filled with discussions about emotions and ways to help your friends.

Our goals in participating in this program are straightforward:

- To help our students understand that depression is a treatable illness, and help them assess whether or not they may have symptoms consistent with depression
- 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 suicidality in a friend
- To impress upon teens that they can help themselves or a friend by taking the simple step of talking to a responsible adult about their concerns

San Diego Youth Services will also present in the SOS Signs Suicide® Prevention Program for one 50 minute period starting on Monday March 5th, 2018, following each presentation youth will be asked to complete a card stating whether or not they have questions or concerns regarding the presentation for themselves or for a friend. Those students with questions or concerns will be checked in on with by a San Diego Youth Service staff. If you are concerned, we encourage you to speak with your son or daughter and follow up with a mental health professional for a complete evaluation.

If you do **NOT** wish your child to participate in “Check Your Mood Week”, please complete the form below and return it to the counseling center to the attention of Steve Baker. If we do **not** hear from you, we will assume your child **has permission** to participate in this program.

If you have any questions or concerns about this program please do not hesitate to contact me at (619) 525-7455 X2396 or sbaker1@sandi.net.

Sincerely,

Steve Baker
Head Counselor

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I _____ [Name of Parent/ Guardian], do not give permission for _____ [Name of Student] to participate in the “Check Your Mood Week”, to take place starting March 5th, 2018.

(X) _____
[Signature of Parent/Guardian]