**Dear Sophomore Parent/Guardian,**

This letter is to inform you that the Lead Deadwood High School is participating in the National Suicide Prevention Week (Sept 8-12) this year with presentations to the sophomore class on Wednesday, Sept. 10th about suicide prevention. National statistics show that suicide is a widespread issue among high school students and we want to make sure your student has the tools to help themselves or others if the need arises. Fortunately, when suicidal intent or risk is detected early, lives can be saved.   
  
For your information here are the topics we are covering:

**Possible Warning Signs:**

* Talking about killing themselves/wishing they were dead
* Changes in eating and sleeping habits
* Persistent feelings of sadness, anxiousness, or emptiness
* Drug and alcohol use
* Giving away possessions
* Losing interest in things
* Becoming socially isolated and withdrawn from friends and family

**Risk Factors:**

* Mental Health issues such as depression, anxiety, aggression
* Prior suicide attempts
* Family history
* Substance abuse
* Serious medical condition and/or pain

**Resources if you or someone else needs help:**

* 1-800-273-TALK (8255)
* Crisis Text Line: text “LISTEN” to 741-741
* [www.save.org](http://www.save.org)
* [www.afsp.org](http://www.afsp.org)

*If you do* ***not*** *want your student to participate in this presentation please contact the HS Counselor’s Office   
at 605-717-3711*

Parents play a large role in the lives of their children. You may be more aware of their risks by maintaining a supportive and involved relationship with your child, understanding the warning signs and risk factors, and knowing where to turn for help. If you have any questions or concerns please contact Mrs. Bender at 605-717-3711 or [amanda.bender@k12.sd.us](mailto:amanda.bender@k12.sd.us).

Sincerely,

Amanda Bender MS, NCC

Professional School Counselor

Lead Deadwood High School