

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, Palatine High School is offering suicide prevention training as part of the SOS Signs of Suicide® Prevention Program. This program has been used by thousands of schools over the past ten years. It has proven successful at increasing help seeking by students concerned about themselves or a friend.

Our goals in participating in this program are straightforward:

- To help our students 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 depression and potential suicide risk 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

The Student Services Department will be showing the Signs of Suicide (SOS) video followed by a discussion to freshman English classes during the week of September 18th, 2017.

If you do **NOT** wish your child to participate in SOS: Signs of Suicide intervention training in school, please call Dr. Fred Rasmussen at 847-755-1627. If we do **not** hear from you, we will assume your child **has permission** to participate in this program.

Following the SOS presentation, if you are concerned about your child, we encourage you to speak with your son or daughter and follow up with a mental health professional and/or your student's guidance counselor.

Sincerely,

Fred Rasmussen  
Student Services Director  
Palatine High School