



Principal: Jessi Hamilton
2855 N 9th St.
Cañon City, CO 81212
Phone: 719-276-6050

Dear Parent/Guardian,

This year school staff are working to teach students about mental health and how to seek help if they are worried about themselves or a friend. We are using a program called *SOS Signs of Suicide*. The program teaches students about this difficult topic and encourages them to seek help.

SOS has been used by thousands of schools for over 20 years. Studies have shown that it effectively teaches students about depression and suicide while reducing the number of students' self-reported suicide attempts.

Through the program, students learn:

- that depression is treatable, so they are encouraged to seek help
- how to identify depression and potential suicide risk in themselves or a friend
- to ACT (Acknowledge, Care and Tell a trusted adult) if concerned about themselves or a friend
- who they can turn to at school for help

Students will watch age-appropriate video clips and participate in a guided discussion about depression, suicide, and what to do if they are concerned about a friend. At the end of class, students will complete an exit slip which asks whether they would like to talk to an adult about any concerns. School staff will conduct brief meetings with any student asking to talk.

We encourage you to visit www.mindwise.org/parents for information on warning signs for youth suicide, useful resources, and some of the key messages students will learn. Included please find links to:

- An infographic for you to reinforce the ACT message at home [ACT Message](#)
- An informational sheet with resources [Parent Resources](#)

Canon City School's Behavioral Health Team will be providing a **SOS Parent Workshop on September 18th from 6:00pm - 7:00pm in the CCHS Auditorium**. This workshop will go over the SOS curriculum and provide parents with the same tools students will learn when they receive the course. **CES will deliver this lesson to 6-8 grade students on Wednesday, September 20st.**

If you have any questions or concerns about your child's participation in this program, please feel free to contact us.

Sincerely,

Stacy Andrews & Holly Grabau

School Counselors, Canon Exploratory School

CES SOS Program OptOut Request: Please excuse my child from participating.

Name of Student: _____

Grade: _____

Parent Signature: _____

Date: _____