

Dear Parent/Guardian,

Teaching students about mental health wellness and how to care for themselves is important. Feelings of sadness and depression appear to be happening at a much earlier age, and adolescence can feel like a rollercoaster of emotions. Risk factors such as depression and self-injury can be treated. While not every student will experience these feelings, they may be able to help a friend in need.

Each year, schools teach students how to identify risk factors for depression and how to ask for help from a trusted adult. Classroom lessons also include information on Safe2Tell Colorado. Programming is implemented in all 5th, 6th, 9th, and 12th grades.

This year our school, **DELTA High School**, will implement the following programming: *Erica's Lighthouse: Depression Education & Suicide Awareness* in all grades.

If you **DO NOT** want your child to participate in programming, please sign below and return the form to Renee Paxton, School Psychologist in the DELTA front office, by 10/23/2023. If we do not hear from you, we will assume your child has permission to participate in these programs.

Sincerely,

Renee Paxton - DELTA School Psychologist

I **do not** give permission for _____ to participate in programming.
(Student Name)

Name of Parent/Guardian Signature of Parent/Guardian

Updated 5/23/23