

September 12, 2018



Dear Parent or Guardian:

The adolescent years are marked by a roller-coaster ride of emotions—difficult for students, 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. Depression—which is treatable—is a leading risk factor for suicide. In addition, self-injury has become a growing problem among youth.

Each year, Northwest ISD recognizes the national suicide prevention month, September. During this time, secondary campuses utilize the SOS Signs of Suicide® Prevention Program to bring awareness of depression and prevention. The program aims to increase awareness and encourages students to seek help when they are concerned about themselves or a friend. The message of the SOS program is to A-C-T – Acknowledge the signs of depression or suicide; show you Care; and Tell a trusted adult.

In addition to the school program, Tidwell Middle School utilizes a resource for parents and students, the SOS Signs of Suicide Portal, as a part of our school-wide suicide prevention efforts. This portal is designed to provide parents with information about our suicide prevention efforts and helpful tools for supporting your child's mental health. Resources include a video, a parental screening tool, and educational materials. School personnel will not be utilizing the SOS screening tool; however, as a parent, you may find the screening tool useful.

To access the SOS parent portal: <https://sossignsofsuicide.org>

Username: tidwell-par

Password: Titans

Tidwell Middle School students will be participating in the Signs of Suicide Prevention lesson on September 19-20 during Titan Time. If you do NOT wish for your child to participate in the SOS Middle School Program, please contact your child's counselor on or before September 17. Thank you for allowing us to partner with you in the awareness of youth depression and the prevention of suicide.

Stefanie Jardine 6th Grade Counselor 817-698-5929

Debbie Adley 7th Grade Counselor 817-698-5908

Ashley Gaither 8th Grade Counselor 817-698-5907

Sincerely,

Dr. Rhett King, Principal