

Dear Parents & Caregivers,

This is a notification to let you know about two upcoming suicide prevention trainings for students -- one geared toward all MSHS students and another just for 9th graders.

***Suicide is the second leading cause of death among young people,  
and many suicides are preventable.***

Each year, our goal is to teach our students how to recognize the warning signs of suicide, get help for friends who may be at risk of suicide and know how to access related resources for teens. MSHS, along with other high schools across WA State, has received consultation from [Forefront Suicide Prevention](#) (a Center of Excellence at the University of Washington) to help us follow a comprehensive approach for preventing suicide. This model includes annual training for staff/administrators, parents/caregivers and students using Forefront's training curriculum.

**1. Schoolwide MSHS Student Review of Suicide Prevention Video**

On Friday, 12/8, all MSHS students will view a student-created suicide prevention video on Wildcat TV. It will focus on reviewing the LEARN<sup>®</sup> acronym, a framework used to help identify, understand and support people who may be at risk for suicide. If your student needs to opt out of viewing this video for any reason, please reach out to your student's counselor.

**2. Freshmen Suicide Prevention Training**

All 9<sup>th</sup> graders will receive the Forefront Suicide Prevention LEARN<sup>®</sup> Training in their Language Arts class on **Wednesday, 12/6**. We are aware this training may be triggering or upsetting for some students and therefore will provide a safe space for those who wish to opt out. Our hope is that all students will receive this training; however, if you or your student wish to opt out, please contact the counseling center as soon as you are able and no later than **Tuesday, 12/5**.

**What Parents Can Do**

Setting aside time to talk and debrief with your teen about what they learned from this training will be especially helpful. School counselors will be available to hear any concerns you may have regarding your own child and/or other students. For more information, contact the **MSHS Counseling Center at (425) 831-8150**.

**Crisis Resources**

We encourage you to add these 24/7 crisis resources to your cell phone contact lists and share widely with friends and family:

<b>Suicide Prevention Lifeline</b>	<b>Crisis Connections</b>	<b>Crisis Text Line</b>
988	(866) 427-4747	Text the word 'HEAL' to 741741

For any questions regarding this training, please contact Sloan Westerman, MSHS Counselor at [westermans@svsd410.org](mailto:westermans@svsd410.org). Please see the attachment for additional student resources.

Thank you,  
MSHS Suicide Prevention Team & Counseling Center