



Bullard High School

5445 North Palm Avenue Fresno, CA 93704 (559) 451-4321 Fax (559) 451-4378

September 6, 2024

Dear Parent / Caregiver,

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

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.

We are including resources:

- In the event of an emergency call 911
- **National Suicide Prevention Lifeline** 988
- **Central Valley Suicide Prevention Hotline** 1-888-506-5991
- **Crisis Text Line:** text "HOME" to 741741
- **Exodus Recovery Youth Crisis Center** 4411 E. Kings Canyon Road Fresno, Ca (559) 512-8700
- **Trevor Project Lifeline** 1-866-488-7386
- **Fresno County Youth Wellness Center** (559) 600-8918
- **Care Solace:** <https://caresolace.com/site/fresnofamilies/>

If you have any questions or concerns about your child's participation in this program please contact Bullard High School, (559) 451-4320. Thank you.

Sincerely,

Armen Torigian
Principal
Bullard High School



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