



# This month

## Suicide Awareness Month: What You Need to Know

September is Suicide Awareness Month — a time to raise awareness, break the stigma around mental health, and encourage open conversations.

### Key Facts

- Suicide is the second leading cause of death among people aged 15–24.
- Mental health challenges can affect anyone, regardless of age or background.

### Recognize the Warning Signs

Look out for signs like:

- Talking about feeling hopeless or having no reason to live.
- Withdrawing from friends or activities.
- Changes in behavior, sleep, or appetite.

### How to Help

- Listen without judgment.
- Encourage them to talk to a trusted adult or counselor.

- Share resources like the National Suicide Prevention Lifeline (988) or Crisis Text Line (text "HELLO" to 741741).

### You Are Not Alone

Seeking help is a sign of strength. Let's support each other and make our school a place where everyone feels valued.



# BCHS

## Counseling Updates

### September 2025

## Who is your Counselor?

### Counselors

Kristen Kofoed	A-E
Gretchen Slaughter	F-L
Allison Williams	M-Ri
Melanie Ryer	Rj-Z
Marissa Herzog	Career/SEL

### Contact Information/ Schedule an appointment:



### 12th Grade: ICAP Re-Cap

We recently visited senior English classes to discuss post-high school plans, important upcoming deadlines, and how to use Naviance for college and career planning. For detailed instructions on accessing Naviance, visit our website, which now includes step-by-step guidance under College & Career tab.

### Upcoming Events!

- Career/College Lab – Every Wednesday, 2–4pm, Counseling Office
- Have your students sign-up for Career/College BCPreps with Kofoed or Herzog

### What is ICAP?

ICAP (Individual Career and Academic Plan) is a personalized plan that helps high school students explore career interests, set academic and career goals, and make informed decisions about their future education and employment paths.



### Parent College Info Night @ Parent Teacher Conferences on 10/8

- College Reps available for questions!