



September is Suicide Prevention and Awareness Month

Dear Pine-Richland Families, Community Members and Colleagues,

As a school community, we come together to support one another, build resilience and prioritize the health and well-being of our students, families and staff. We are committed to creating a safe, supportive environment where every individual feels seen, valued and supported. This commitment drives our efforts to provide the tools and resources needed to promote suicide prevention, recognize warning signs and ensure timely access to help.

We all play a role in promoting mental health and suicide prevention. **September marks National Suicide Prevention and Awareness Month**, a time to raise awareness and reflect on our shared responsibility. Suicide is the second leading cause of death among teens and young adults aged 10-24 in the United States (CDC, 2022), emphasizing the importance of building connections and providing support.

Strengthening protective factors is an important way to reduce risk and promote student well-being. Students thrive when they feel connected, whether it's through activities, supportive friendships or trusted adults at home, at school and in the community.

Encouraging healthy daily habits like maintaining routines, getting enough sleep, staying hydrated, eating nutritious meals, being physically active, limiting screen time and spending quality time with family and friends all play a powerful role in supporting both mental and emotional health.

Pine-Richland remains committed to raising awareness by educating our students, staff, parents and community members about the causes, risk factors and warning signs of suicide. We also provide access to a wide range of resources through our district website, which you can [explore here](#).

We encourage all parents and school staff to review [Preventing Youth Suicide: Tips for Parents and Educators](#) and the [Teen Suicide Prevention](#) video from the Mayo Clinic.

Suicide rarely occurs without warning. It is important to understand the risk factors and warning signs, and know how to respond. Parents, school staff and even peers ([Preventing Teen Suicide—Tips for Peers](#)) can be the first to notice changes in behavior, hear about information secondhand, see information on social media, or recognize warning signs in person. These signs should never be ignored. If you notice anything that raises concern, it's critical to seek help right away (NASP, 2021).

Together, WE can create a safe, connected, and

What to Do and How to Get Help?

As a **first option**, we encourage our students to talk with **one trusted adult at home and school**.

Call 911 if there is any indication that **danger appears immediately**.

Do NOT leave the child alone until his or her safety is made certain.

Directly report an urgent concern to the **Northern Regional Police Department at 724-625-3157**.

988—A Direct Link to Mental Health and Behavioral Health

On July 16, 2022, the Federal Communications Commission (FCC) formally designated **988 as a nationwide three-digit number for mental health crisis and suicide prevention services**.

988 provides a direct link between suicide prevention and crisis support. Calls will be answered 24/7. **Please review the [PA DHS 988 Overview](#)**.

Safe2Say

844-SAF2SAY or [Safe2SayPA.org](#)
This program operates 24/7 and allows one to securely and anonymously report a safety concern to help at-risk individuals before they hurt themselves and/or others.

supportive community where every student feels valued and cared for. Each of us plays a vital role in helping students thrive, reminding them they are never alone and that support is always within reach. By caring for one another with compassion and kindness, we can build a brighter, healthier future for all.

Respectfully,

Dr. Maura Paczan, Director of Student Services
Dr. Greta Kuzilla, Assistant Dir. of Student Services & Special Education
Dr. Taylour Kimmel, Psychologist (K-6)
Dr. Alysha Kaparakos, Psychologist (K-6)
Dr. Melissa Ramirez, Psychologist (7-12)

Resolve Crisis Network 1-888-7-YOU CAN (1-888-796-8226)

All calls are answered 24/7 by a mental health counselor.

National Suicide Prevention Lifeline 1-800-273-8255

All calls are answered 24/7 by a mental health counselor.

Crisis Text Line

Text HOME to 741-741 to text with a crisis counselor 24/7. The Crisis Text Line is similar to the National Suicide Prevention Lifeline and other hotlines but allows those in crisis to text rather than call.

School Counseling

School counselors are available to all students K-12. Find contact information for each school counselor at <https://www.pinerichland.org/about/school-counseling>.

School-Based Mental Health Counseling

Students in grades K-12 can access outpatient mental health services in school and through a partnership with [Glade Run School-Based Mental Health Services](#). We have three contracted full-time master-level clinical therapists who provide 1:1 individual therapeutic services and group therapy, psychoeducational groups, consultation, prevention and intervention services.

New intakes for outpatient referrals can be completed by contacting either your school counselor or Glade Run directly.

- [Glade Run MHP Referral](#)
- [Q&A Parent Fact Sheet](#)

Student Assistance Program (SAP)

Students in grades K-12 are supported through this systematic team approach to navigate school and mental health resources for families and remove barriers to a child's learning and mental health treatment. You can find information about Pine-Richland's SAP and team members for each school building along with resource numbers at [Student Assistance Program Overview](#).

Resources for Families

The Pennsylvania Department of Education offers [Resources to Support Families](#) for support, services and information that can help children and families with basic needs (food, child care, shelter, unemployment compensation, utility assistance, medical assistance).

[PA 211](#) is an easy-to-remember resource for finding services for daily needs and crisis situations.

Grief Resources (K-12)

Crisis Center North

Pine-Richland partners with the [Highmark Caring Place](#) to provide support, grief resources and materials, consultation services, educational training and peer support groups.

The district partners with [Crisis Center North](#) to provide counseling services and support to our students and families who have experienced trauma and/or violence.

RAMS Way (K-12)

Pine-Richland's district-wide positive behavioral support and intervention program is called [RAMS Way](#) and encourages a positive and safe environment for both students and staff members.

GoGuardian Parent app (iOS/Android)

Pine-Richland School District uses a program called [GoGuardian](#) on district-owned devices to help protect our students and as part of our compliance with the Child Internet Protection Act (CIPA). GoGuardian alerts school counselors when a student searches online for terms or views content related to subjects of self-harm, suicide, violence, weapons, bullying or illegal substances. The GoGuardian Parent app (available for download for [iOS/Android](#)) allows parents access to your child(ren)'s browsing history on district-issued devices. Currently, you may log into this app to view all browsing activity.

Website



Pine-Richland School District | 702 Warrendale Road | Gibsonia, PA 15044 US

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