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Dear Parents and Guardians,

At Morris Knolls High School, we recognize that supporting our students' mental health and well-being is an important part of their overall success. Throughout their four years at MKHS, students participate in age-appropriate mental health education and suicide prevention programming designed to increase awareness, reduce stigma, build coping and help-seeking skills, and connect students with trusted adults and appropriate resources.

Our School Counseling Department, Child Study Team, and Physical Education Department, in collaboration with our school community, provides the following programs by grade level:

Grade 9 – Lifelines

[LINK for Lifelines Resources](#)

Lifelines is a suicide prevention and mental health awareness program that helps students understand the warning signs of suicide and how to respond when they or someone they know may be struggling. Students learn the importance of reaching out to trusted adults, seeking help, and supporting peers while understanding that they are not responsible for handling a crisis on their own.

Grade 10 – Mental Health First Aid

[LINK for tMHFA Information/Resources](#)
[MHRD Parent/Guardian Information](#)

Mental Health First Aid provides students with practical information and skills to recognize signs that a peer may be experiencing a mental health or substance use challenge. Students learn how to respond appropriately, offer support, reduce stigma, and connect a peer with a trusted adult or professional for additional help.

Grade 11 – SOS: Signs of Suicide

[LINK for SOS Information/Resources](#)

SOS (Signs of Suicide) is an evidence-based suicide prevention program that teaches students how to recognize signs of depression and suicide risk and how to respond when they are concerned about themselves or a friend. The program uses the **ACT® (Acknowledge, Care, Tell)** framework, encouraging students to acknowledge concerning behaviors or feelings, show care and support, and tell a trusted adult who can help.

Grade 12 – Lifelines: Transition to Adulthood

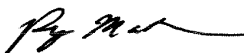
Lifelines: Transition to Adulthood builds upon students' previous mental health and suicide prevention education while focusing on the transition from high school into adulthood. Students explore how to recognize and respond to mental health concerns, identify support systems and resources, advocate for themselves, and develop healthy help-seeking habits as they prepare for college, the workforce, or other post-secondary experiences.

Mental health education is an ongoing process, and our goal is to ensure that students have opportunities throughout high school to develop the knowledge, skills, and confidence needed to care for their own well-being and support others appropriately.

These programs are educational in nature and are not intended to replace individual mental health counseling or treatment. Students who are experiencing concerns or who would like additional support are encouraged to speak with a school counselor, school psychologist, school social worker, nurse, or another trusted adult at school.

We appreciate your partnership in supporting the mental health and well-being of our students. Together, we can help ensure that our students know they are not alone, help is available, and reaching out is a sign of strength.

With Golden Eagle Pride,



Ryan MacNaughton, Principal
Morris Knolls High School



Alyssa Radigan, Supervisor of School Counseling
Morris Knolls High School