

Dear Echo Trail Caregivers,

Last week, we provided a state mandated Suicide Prevention Presentation (KRS 156.095) to **all students**. This same lesson is being presented to all JCPS students. After the presentation, students who indicated they wanted to speak to someone will be matched with a counselor to speak with. In the presentation, students will be provided with information about mental wellness and how to seek help if needed. You can click on the link below to see the presentation that was used with your child.

## [Mental Wellness Powerpoint](#)

We encourage you to talk with your child about the presentation. Keeping an open dialogue will allow them to feel safe and communicate when they need to talk. If you are concerned about your child and worry they may be suicidal, you should watch for these warning signs:

- Talking about wanting to die or kill oneself
- Looking for a way to kill oneself, such as researching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

You can call the Suicide and Crisis line, which is a 24 hour, 7 day a week hotline at 998. The Echo Trail Counseling team is also available to answer any questions or concerns you may have.

6th Grade - Adrienne Thomas - [adrienne.thomas@jefferson.kyschools.us](mailto:adrienne.thomas@jefferson.kyschools.us)

7th Grade - Carlos Rullan - [carlos.rullan@jefferson.kyschools.us](mailto:carlos.rullan@jefferson.kyschools.us)

8th Grade - Andrea Wales - [andrea.wales@jefferson.kyschools.us](mailto:andrea.wales@jefferson.kyschools.us)

Mental Health Practitioner - Sara Sanders - [sara.sanders@jefferson.kyschools.us](mailto:sara.sanders@jefferson.kyschools.us)

Respectfully,

Dr. Kara Ammerman  
Principal  
Echo Trail Middle School