



Bernheim Middle School



700 Audubon Drive, Shepherdsville, KY 40165 (502) 869 – 4000
Katie Stephens - Principal Jennifer Harrison – Assistant Principal Amy Bush - Counselor

September 1, 2021

Dear Parent or Guardian,

Bullitt County Public Schools takes seriously the personal, social and physical safety of our students. In order to proactively address concerns of mental health, depression and child/adolescent suicide, the district provides a student depression awareness, mental health well-being, and suicide prevention lesson every school year in students grade 6-12. The goal of the program is to talk to students about reporting any concerns to a trusted adult, develop positive conversations about mental health and well-being and increase awareness and educate students about depression in young adults. This lesson opens the conversation and promotes students to seek help in their actions by talking to trusted adults when they are concerned about themselves or a friend. Our program goals are as follows:

- To explain that suicide is a preventable tragedy that often occurs as a result of untreated depression.
- To provide students training in how to identify serious depression and potential risk of suicide in a friend.
- To impress upon students that they can help themselves or a friend by taking the simple step of talking to a responsible adult about their concerns.

The Counseling Department and classroom teachers will be coordinating/delivering lessons on September 10, 2021. If you DO NOT wish for your child to participate in the prevention/education lesson at school or would like to speak with a counselor first, please fill out this google form ([Linked HERE](#)). ***If we DO NOT hear from you by the following date: Thursday, September 9, we will assume your child has permission to participate in this program.*** If you have any questions or concerns about this program, please do not hesitate to contact the counseling department.

Additionally, we want to help you as parents in talking with your children about this issue. Youth who feel suicidal are not likely to seek help directly, however, parents, school personnel and peers can recognize the warning signs and take immediate action to keep youth safe. When a youth gives signs that they may be considering suicide, the following actions should be taken:

- Remain calm. Listen. Do not judge. Remove any means for self-harm.
- As the youth directly if he or she is about suicide
- Focus on your concern for their well-being and avoid being accusatory
- Reassure them that there is help and they will not feel like this forever.
- Provide constant supervision. Do not leave the youth alone.
- GET HELP. No one should ever agree to keep a youth's suicidal thoughts a secret and instead should tell an appropriate caregiving adult, such as a parent, teacher or school psychologist. Parents should seek help from school or community mental health resources as soon as possible.

If you agree to the programming, you do not have to return/complete the form.

If you do not want your child to participate in the program please fill out the form [linked here](#).

Sincerely,

Katie Stephens, Principal
Amy Bush, Counselor