

Students Name: _____

Dear Parent or Guardian,

Starting this week our health class will be studying mental and emotional disorders. Along with this topic includes: *What are types of mental disorders? What are the warning signs of suicide? How and where one can go for professional help?* Learning about the types of mental disorders, their symptoms, and treatments can improve their own health as well as the health of others around them. I will be providing your student with educational resources that will support this unit. Please take the time to review the information with your child to reinforce this sensitive but important topic. I will also attach the resources to my blog. Please contact myself or Dawn Saxton the schools social worker if you have and question or concerns.

Sincerely,

Brandon Gruchow

Health Education Teacher

bgruchow@wca.k12.mn.us

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