



CHECK YOUR MOOD PARENT NIGHT

Who: North County Lifeline

Where: Virtually

When: **THIS Wednesday, November 4 6 - 7 pm**

Please join my meeting from your computer, tablet or smartphone.

<https://global.gotomeeting.com/join/361405365>

You can also dial in using your phone. United States: +1 (646) 749-3122

Access Code: 361-405-365

Passive consent form and more information:

https://docs.google.com/document/d/15irohrQVLdq2iSpNngPMeoUfl83kmTP4EX7_8vpooPY/edit?usp=sharing

Espanol:

<https://docs.google.com/document/d/1R2-Mv9ZEWeXI9BBviXUkvDiqTihAFRrurBSkHRI2WX4/edit?usp=sharing>

Did you know that suicide is the second leading cause of death for teens?

Did you also know that it is preventable, which is why DPS 7th grade students will be participating in:

Check Your Mood Weeks For 7th Grade Students: (11/9 and 12/14)

What does Check Your Mood Week/Signs of Suicide address?

SOS (Signs of Suicide) focuses on preventing suicide by educating youth and their families on the risk factors of suicide and to reduce the stigma around seeking help for themselves or others. In addition, the HERE Now program is working to support the school culture and environment to be preventive and proactive in educating all members of the school community regarding suicide prevention and identifying and working with individual students who may be struggling emotionally and/or engaging in self-destructive or otherwise risky behaviors.