



HOPELINE - Multi-Grade Level Emotional Distress & Suicide Awareness Program

Clarity Clinic of SW Wisconsin, LTD, will be sharing an age-appropriate health and wellness program with students during one regularly scheduled class. HOPELINE, Clarity’s multi-grade level emotional distress and suicide awareness program, takes a proactive approach in preventing suicide attempts and completions. This *free* program is presented by a certified SRAS Clarity Clinic educator.

Topics include

Defining suicide

Stigmas associated with suicide

Stressors that may lead to suicide (i.e.harassment, bullying, cyberbullying)

Safety plan

- Defining a healthy relationship
- Safe and healthy choices
- Recognize risk factors & warning signs
- Coping strategies
- Protecting physical boundaries

Resources (i.e. Patti & Terry Cullen’s Survivors Of Suicide support group *Ben’s Hope*)

- Help seeking strategies for oneself
- How to refer friends for help - QPR

The program will be held on Thursday, January 30th.

If you agree to have your child take part in this program, you *do not* need to return this form.

If you would prefer your child *NOT PARTICIPATE* in this class program, please indicate in the box below and *RETURN* to the school *PRIOR* to the program date listed.

I DO NOT wish my child to be present during this program.

Parent/Guardian Signature _____ Date _____

Clarity Clinic of SW Wisconsin, LTD, believes informed students are better equipped to make informed decisions that will promote their reproductive wellness and emotional health. If you have any questions, please feel free to contact the school.

Thank you!