March 19, 2018

Dear Seventh and Eighth Grade Parents,

This month all 7th and 8th graders will have the opportunity to listen to a presentation titled "Ending The Silence" facilitated by the National Alliance On Mental Illness (NAMI) this Friday, March 23rd.  The discussion gives students the rare opportunity to ask questions about mental health challenges to people who have lived it.  The presentation's message of empathy and hope will encourage students to actively care for themselves and their friends.  It also teaches them it's okay to talk about what they're feeling.  This presentation will cover:

  Early warning signs

  Facts and statistics about youth and mental health conditions

  When, where and how to get help for themselves or their friends

  When it's not okay to keep a secret

To see more about this presentation, please click [here](https://www.nami.org/find-support/nami-programs/nami-ending-the-silence).

Our hope is that students will walk away with a better understanding of mental illness, where and when to get help for themselves or their friends and the importance of talking about what they are feeling.  Advisory groups in the afternoon will be processing the topics covered.  The 7th graders will be listening to the presentation in the morning of March 23rd and the 8th graders will be in the afternoon of March 23rd.

If you are interested in taking a ***Youth Mental Health First Aid Course***, there is a 2 day (four hours each day) training at St. Luke Parish on April 15th and 22nd from 1:00 PM to 5:00 PM. The cost is $10.00. Click [here](http://www.ocsww.org/site/content.php?r=4962-Youth-Mental-Health-First-Aid-Training-April-15-22-St-Luke-Parish) for more information and to register.

If you have any questions at all, please email or call Jennifer Moyer-Taylor at jmoyerta@stjosephsea.org or call 206-329-3260 x220.

Thanks,

Jennifer Moyer-Taylor

Mary Helen Bever

7/8 Team