



The Counseling Center

Providing quality behavioral health services since 1963

ROGER D. SIKORSZKY
Executive Director

Dear Parents/Guardians,

Like you, I want all students to be healthy, but physically and mentally. One of the biggest challenges to mental health is teen depression, a very common, yet widely overlooked mood disorder that will impact 15-20% of young people before they reach adulthood. It is also a risk factor to suicide.

I'd like to introduce myself as a Community Ambassador for Erika's Lighthouse, a highly respected mental health education and advocacy organization. Erika's Lighthouse mission is to make sure no young person feels alone in their depression. Through their pillars- Classroom Education, Family Engagement, and School Policy & Staff Engagement- any school can start a meaningful conversation about mental health, depression, and suicide. We are dedicated to creating a community of empathy and education.

Erika's Lighthouse offers a suite of programs designed to allow educators to empower their students with an introduction to mental health, depression-literacy, help-seeking and what it takes to promote good mental health. Focused on grades 6-12, these no-cost, skills-based programs use diverse teen voices to spread awareness and reduce stigma. Staff training, family workshops and teen empowerment activities are also available for you to use in your school community.

I encourage you to create a [resource portal](#) account on [ErikasLighthouse.org](#) to gain access to all of their free resources.

I look forward to talking with your student(s) on November 7 to discuss Social Isolation. Then, I will be visiting two more times to discuss Suicide Prevention and Safety Prevention. I understand this is a hard topic to discuss. However, these conversations should help the students understand how to recognize these symptoms in their peers or themselves.

If you feel uncomfortable, and would prefer that your child does not attend this program, please let the school office know.

I welcome the opportunity to chat about how Erika's Lighthouse can help you promote a more inclusive school culture around mental health. I look forward to working with you.

Sincerely,

Amy Gladman, M.ED. QHMS
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