



## Fern Ridge School District 28J

Gary E. Carpenter, Jr.  
Superintendent

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Dear Parent(s)/Guardian(s):

At Fern Ridge there has been a great deal of conversation and concern about suicide recently. We cannot comment on any specific students or events, but we do know that some students and parents may find this very distressing. Since the subject has been raised, we want to take this opportunity to make sure that parents have the information they need to understand how to support their children and get them connected to helpful resources. In addition, we want students and families know that district staff are here to support them in any way we can.

Suicide is a very complicated act. No one single thing causes it. But in many cases, a mental health condition is part of it, and these conditions are treatable. It's really important that if you think your child is not feeling well and is potentially thinking about suicide, that you check in with them and encourage them to reach out for help and share how they're feeling. Asking your child if they are suicidal will not put the idea in their head. It will actually provide significant relief to them if they are feeling that much pain.

I am including some resources that may be helpful to you in discussing suicide with your child and information on local behavioral healthcare providers. Members of our Crisis Response Team are also available to meet with students individually today, as well as over the coming days and weeks. Please contact the school office if you feel your child is in need of additional assistance. If you or your child needs help right away, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or the Lane County Child's Crisis Response Program 1-888-989-9990. These programs can be sources of information and provide helpful services for parents. If you feel there is an imminent threat dial 911, or take your child to the nearest emergency department.

If you have any questions or concerns, please do not hesitate to contact me, or the professionals at the school. Each building's contact information is on the back of this letter.

Professionally,

Gary E. Carpenter, Jr. Superintendent, FRSD 28J

*The Fern Ridge School District is an equal opportunity educator and employer.*

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