



4101-54 Ace  
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Dear Parent,

Suicide Information & Education Services is a non-profit organization providing information, education and referral services to Red Deer and communities in Central Alberta.

This is to notify you that we will be coming into your child's school and delivering a program called "Mental Health Literacy". This program is for youth in grades 9 and lasts about 1 hour. The program includes discussions and activities addressing self-esteem, communication, positive relationships and other pertinent information. The presentation explores mental health vs mental illness, looks at personal resiliency and educates on brain health.

At the conclusion of the presentation an option will be given for those requiring more information, resources or support to contact our agency through email at [shanelle.westerlund@suicidehelp.ca](mailto:shanelle.westerlund@suicidehelp.ca). Any concerns which may arise through this contact will be discussed with the school supports and/ or RCMP if it is a crisis.

Should you have any questions/comments/concerns, please contact us and we would be happy to assist you.

Sincerely,

Shanelle Westerlund  
Youth Education Coordinator  
Suicide Information & Education Services  
(403) 342-4966  
[Shanelle.westerlund@suicidehelp.ca](mailto:Shanelle.westerlund@suicidehelp.ca)