



recognizing symptoms • preventing suicide



University Hospitals



Rainbow Babies
& Children's Hospital

Dear Parent:

On April 13th, PSI and LifeAct will be providing your child with a program to help them recognize the symptoms of stress and depression. We are dedicated to teaching middle school students what healthy and unhealthy reactions to stress look like, so that harmful coping mechanisms can be identified and prevented.

Our age-appropriate program, *UROK*, will help your child:

- Understand **stress**
- Recognize **unhealthy reactions** to stress such as anxiety, depression, or suicide
- Know how and where to get **help**

LifeAct instructors give every student a yellow card as part of the program. This card is designed to facilitate a child reaching out for help. When students recognize that they have developed unhealthy reactions to stress and need guidance, they can hand this card to an adult they trust. If you are given one of these cards, know that the professionals listed on the back are always available as a resource.

We thank you in advance for your trust as we partner with parents and schools to work together for the health and well-being of our community's kids.

Sincerely,

Brooke Wright, M.A.Ed., LPSC
PSI Coordinator of Training and Education



LifeAct

formerly known as *Suicide Prevention Education Alliance (SPEA)*

29425 Chagrin Blvd • Ste 203 • Cleveland OH 44122-4602

Office: 216.464.3471 • Fax: 216.464.3108 • Twitter: @SPEAneoh

www.LifeAct.org • [Facebook.com/SPEAneoh](https://www.facebook.com/SPEAneoh) • Instagram: lifeact_neohio