



MURRIETA VALLEY
UNIFIED SCHOOL DISTRICT

Board of Education

Paul F. Diffley III
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Dr. Ward Andrus
Superintendent

September 25, 2023

RE: GUEST SPEAKER NOTIFICATION - SUICIDE PREVENTION

Dear Parents and Guardians,

High school students experience unique challenges and pressures. Since the pandemic, we've seen an increase in the need to support our students' mental well-being while focusing on academic achievement and positive engagement.

The demands of high school and the mental and emotional stage of adolescence can combine and increase risk factors for depression, anxiety and in some cases suicide, especially when students are not supported, and mental wellness is not addressed.

As such, Murrieta Mesa High School has partnered with Riverside University Health Systems (RUHS) – Public Health to provide suicide prevention presentations to all high school students. The Teen Suicide Awareness and Prevention Program (TSAPP) has been presented to Riverside County high schools since 1998 using 'Safe Talk' trained professionals.

The presentations are scheduled to take place on: 10-16-23 or 10-19-23. The topics discussed in these presentations are related to suicide prevention; warning signs; help-seeking strategies; suicidal impact on families, friends, peers; and protective influences.

The information provided during the presentation is aligned with Assembly Bill 2246, Pupil Suicide Prevention Policy (AB2246). This state law, passed in 2016, requires all educational agencies with students in grades 7-12 to have a suicide prevention policy in place. The law applies to county offices of education, school districts, state special schools, and charter schools.

Parents/Guardians may opt out their student out of this educational opportunity. To opt your student out, please email your child's teacher, Rich Bancroft at rbancroft@murrieta.k12.ca.us requesting that your student not participate in this presentation and instead be given an assignment to work on during class.

To support the presentation, please view the following linked resources aimed at helping families talk about suicide prevention and address mental health issues such as depression and anxiety:

[Up2Riverside.org Parent Page](https://Up2Riverside.org/ParentPage)
SuicidePreventionLifeline.org

[Know the Signs -SuicideisPreventable.org](https://KnowtheSigns-SuicideisPreventable.org)
[HEARD Alliance Family Resource Page](https://HEARDAlliance.org/FamilyResourcePage)

Crisis/Suicide Intervention Helpline (951) 686-HELP (4357)

Thank you for your time and attention to this important topic.

All the best,

Rich Bancroft