



March 28, 2017

Dear Parents and Guardians:

As the third quarter of the school year comes to a close, we hope you will keep in mind that academics are just one part of your child's overall health and well-being. In addition to encouraging our children to stay active and maintain good physical health, we also want our students to be emotionally and mentally strong.

When it comes to the latter, we want to remind you that you and your child can always reach out to a school counselor, school psychologist, or school social worker to discuss concerns. We also want to ensure that you are aware of available local and national resources to support our students and families, and have included some of those on the back of this letter. Additionally, local trainings related to mental and emotional wellness are often offered by our organizations.

During the remainder of the school year, we will continue to share resources and trainings with you. As always we want to focus on resilience and the ability our students have to cope with change and adversity in a positive way.

We wish you and your children a healthy and happy 2017 and a successful remainder of the school year!

Sincerely,

A handwritten signature in black ink, appearing to read 'George Arlotto'.

George Arlotto, Ed.D.
Superintendent
Anne Arundel County
Public Schools

A handwritten signature in black ink, appearing to read 'Jinlene Chan'.

Jinlene Chan, M.D., M.P.H.
Health Officer
Anne Arundel County
Department of Health

A handwritten signature in black ink, appearing to read 'Adrienne Mickler'.

Adrienne Mickler, CPA, MS
Executive Director
Anne Arundel County
Mental Health Agency

Local Resources

Anne Arundel County Crisis Response System
410-768-5522

Anne Arundel County Department of Health Adolescent and Family Services Clinic
410-222-6785

Anne Arundel County Mental Health Agency
410-222-7858
<http://www.aamentalhealth.org/>

Anne Arundel County Public Schools Crisis Resources
http://www.aacps.org/wellness/mental_wellness_resources.asp

Anne Arundel County Public Schools Student Safety Hotline
877-676-9854

Children's Mental Health Matters!
<http://www.childrensmentalhealthmatters.org/>

Mind Resilience
<http://www.mindresilience.org/>

National Alliance on Mental Illness (NAMI) Anne Arundel County
443-569-3498
<http://www.namiaac.org/>

Network of Care
<http://annearundel.md.networkofcare.org/mh/>

Youth Suicide Awareness Action Team
www.achoiceolive.org

National Resources

American Foundation for Suicide Prevention
<http://afsp.org/>

American Psychological Association
<http://www.apa.org/helpcenter/resilience.aspx>

Healthy Children
<https://www.healthychildren.org/english/healthy-living/emotional-wellness/pages/default.aspx>

National Association of School Psychologists
www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/preventing-youth-suicide

National Suicide Prevention Lifeline
800-273-8255
<http://www.suicidepreventionlifeline.org/>

Suicide Prevention Resource Center
<http://www.sprc.org/>