



PART OF THE CONNECTICUT
TECHNICAL HIGH SCHOOL SYSTEM



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May 30, 2017

Dear Parents and Guardians:

This letter is to alert parents/guardians of the trending Netflix series *13 Reasons Why*. The TV series depicts graphic details of suicide, sexual assault, underage drinking and bullying. It also provides us with the opportunity to recognize the signs of depression and suicide in teens and become aware of the numerous support services that are available at school and in the community.

The following behaviors are signs and symptoms of depression in teens:

- Sadness or hopelessness.
- Irritability, anger, or hostility.
- Tearfulness or frequent crying.
- Withdrawal from friends and family.
- Loss of interest in activities.
- Poor school performance.
- Changes in eating and sleeping habits.

If you have any concerns regarding your child or further questions, Cheney Tech's counseling department members; school psychologist, school social worker and school counselors are available to help you discuss these issues and provide support. Contact information:
860-649-5396

<https://cheney.cttech.org>

In addition, the following community organizations are also available to provide resources and mental health support:

Connecticut Clearing House: <https://www.ctclearinghouse.org>

211 Community Services and Emergency Mobile Psychiatric Services: <https://www.211ct.org/>

Connecticut Youth Services: <http://www.ctyouthservices.org>

Sincerely,

A handwritten signature in black ink, appearing to read "Robert Sartoris", written over a white background.

Robert Sartoris
Principal
Howell Cheney Technical High School