

# Intradistrict Communication

DATE: May 2, 2024

TO: All School Administrators

FROM: Michael Anderson, Associate Superintendent  
Travis Hamblin, Director of Student Services  
McKinley Withers, Health and Wellness Consultant  
Angie Rasmussen, Student Safety Specialist

SUBJECT: May is Mental Health Awareness Month! Resources to share.

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May is Mental Health Awareness Month and an opportunity to promote mental health resources to support student, staff, and family wellness.

May is a great time to foster open conversations about mental health through community events, sharing information, and highlighting resources available to your students and families at your schools. Here are some events and resources that educators may benefit from being aware of:

## Resources

- [Live On Utah Playbook](#) is one of the best toolkits for suicide prevention in schools.
  - [Discussion Guide](#) for Educators: This guide will give you the tools and talking points to educate youth about preventing suicide.
  - [Student Worksheet](#) pairs with the discussion guide, it is for students to complete.
- Visit the Mental Health America website to register for [their 2024 Mental Health Month “Back to Basics” toolkit](#)
- [PEHP Wellness](#) provides multiple resources and tools to support greater mental health awareness, support, and how to find treatment.
- Parent Coaching is still available for FREE for all District families in English and Spanish
  - [Parent Coaching Flyer English](#), [Parent Coaching Flyer Spanish](#)
- [CDC family guide](#) to supporting young people’s mental health and wellbeing

## Events

- **Bingham Walk 4 Hope**  
May 4 at 9am  
Help Bingham High School’s Hope Squad promote healthy minds, healthy bodies, and to highlight the fact that together we are “A Force of 1”!  
Start at Bingham High and will make a loop with stops at SoJo Middle and Jordan Ridge Elementary. Resource tables with information about mental and physical health will be available for families at each stop.
- **NAMIWALKS — A WALK TO FUEL MENTAL HEALTH AWARENESS**  
Saturday May 18th, 2024  
Veterans Memorial Park  
1985 W. 7800 S

West Jordan, UT 84088

<https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month/>

**SafeUT and HMHI Offerings (and recordings!)**

[Click Here](#) for more information

- SAFEUT: SUPPORT FOR FAMILIES DURING “ANY SIZE CRISIS”  
May 5 | 12:00 - 1:00 pm (via Zoom)
- CHILDREN, TEENS, AND MENTAL HEALTH: WHERE AND WHEN TO SEEK HELP  
Thursday, May 12 | 12:00 - 1:00 pm (via Zoom)
- HEALING OUT LOUD: UNMASKING MENTAL HEALTH STIGMA  
Thursday, May 19 | 6:00 - 7:30 pm (via Zoom)