



NCHS Student Services Parent Program

MONDAY, SEPTEMBER 17, 2018

7:00-8:30 P.M.

NCHS LITTLE THEATER

SUICIDE PREVENTION: MORE THAN SAD:

SPEAKER: ALYSSA RELYEA, MA

Ms. Relyea's presentation teaches parents how to recognize signs of depression and other mental health problems, including the warning signs of suicide, in their teenage student(s). It provides information on how parents can initiate a conversation about mental health with their student(s) and then how to get him or her help. The information provided will challenge the stigma surrounding depression and demystify the treatment process.

Alyssa Relyea, MA has been a passionate advocate for suicide prevention since 1997, when she lost her twin brother, Andrew, to suicide. A part of the American Foundation for Suicide Prevention since 2005, Alyssa currently serves on the Board of Directors and as Volunteer Coordinator for the Illinois Chapter. She writes for outlets including The Huffington Post and speaks frequently about suicide prevention and mental health for audiences ranging from students to suicide prevention volunteers. A teacher by training, she is interested in the future of education, and in the power of compassion in changing our world.

**HOME
& SCHOOL**
Naperville Central High School



Naperville Central
High School
Social Workers
and
Home and School
are pleased to
present the first
Parent Program in
2018-2019.

Please join us and
bring a friend!

Open to all
parents in
District 203 &
the Naperville
Community.

Questions?
Contact NCHS
Social Workers.

630-420-6435
630-420-6437