

# **HUNTINGDON AREA HIGH SCHOOL**

2400 Cassady Avenue, Suite 1 Huntingdon, PA 16652

Phone: (814)643-1080 Fax: (814)643-3800 Website: <http://huntsd.org>

Mr. Travis R. Lee,  
Secondary Principal

Mr. Brent A. Stoltzfus,  
Assistant Principal

**"ALL LEARNERS, ALL FUTURES"**

September 14, 2020

Dear Parents and Guardians,

During September 2020, we recognize National Suicide Prevention Month in the Huntingdon Area School District. In supporting the mental wellness of our learners, we realize that the COVID-19 quarantine may have also adversely impacted the mental health of adolescents. We are reaching out to let you know that we are here to support your children and families. We have provided online parental resources regarding suicide prevention below, and learners are encouraged to seek out resources available in the school counseling offices.

Learners are also invited to join Aavidum. The purpose of the group is not only to prevent suicide, but to contribute to a positive school climate that is aligned to our BEARCATS expectations, especially "Caring About the Team." Learners interested in participating in this club should listen for announcements regarding sign-ups and check their Grade Level Google Classroom. A link to information about the national Aavidum group, which has its roots in Pennsylvania, is provided below.

Finally, at the community level, there will be a virtual Out of the Darkness Walk sponsored by the Central PA Chapter of the American Foundation for Suicide Prevention on October 4th. Students should visit the school counseling office for more details. During this difficult time, we aspire to encourage communication between school and home. Please do not hesitate to reach out to us with concerns about your child/children.

## **HAHS Mental Health Team**

Mrs. Melanie Snare, School Counselor

Ms. Sara Neild, School Counselor

Mrs. Amanda Easter, Alternative Program BILD School Counselor

Mrs. Katee Rook, Social Worker

Dr. Chris Lantz, School Psychologist

## **Resources**

[https://www.preventsuicidepa.org/wp-content/uploads/2018/08/Parent-Resources\\_Final.pdf](https://www.preventsuicidepa.org/wp-content/uploads/2018/08/Parent-Resources_Final.pdf)

<https://www.preventsuicidepa.org/task-force-county-init/huntingdon/>

<https://suicidepreventionlifeline.org/?scrlybrkr=3c578483>

<https://www.crisistextline.org/?scrlybrkr=7bf9818d>

<https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml?scrlybrkr=2662c3aa>

<https://www.cdc.gov/violenceprevention/suicide/resources.html>

<https://afsp.org/suicide-prevention-resources>

<https://www.helpguide.org/articles/suicide-prevention/suicide-prevention.htm?scrlybrkr=35ff8a24>

<https://save.org/>

<https://www.thetrevorproject.org>

<http://aevidum.com/cms/>