

Good Morning,

Please see the below message from the Society for the Prevention of Teen Suicide (SPTS), a proud supporter of the NJSIAA and our student-athletes.

Feeling the anxiety of competition season? Your students might need to talk too. The Society for the Prevention of Teen Suicide recognizes the unique position coaches hold as trusted adults. Connection to a caring adult is the #1 protective factor for youth, so our team is grateful to share our new *Parent/Caregiver's Toolkit: Guide to Navigating Youth Behavioral Health* (sptstoolkit.org). This free, multilingual resource is a go-to online guide to support youth that includes information on common mental health issues, warning signs, and customized resources for each county.

Sptstoolkit.org consolidates a comprehensive array of local, national, and online resources, providing a one-stop destination for families seeking guidance and assistance. It's a compassionate guide that fosters understanding, facilitates communication, and ensures vital information is readily available to those who need it.

This Toolkit is designed to be user-friendly for NJ parents/caregivers and trusted adults such as coaches like you. Please save this resource to your phone or computer's bookmarks/favorites for quick access whenever you need it- or need to share it. Increased visibility is important to reducing stigma and letting families know that help is available.

We recognize the importance of your role in this vital effort. If you are interested in learning more about SPTS and our programs like Making Coaches Partners in Youth Suicide Prevention, please reach out to info@sptsusa.org today!

you are not alone

The go-to online guide to support our youth

FREE toolkit!
sptstoolkit.org

spts society for the prevention of teen suicide

Parent/Caregiver's Toolkit: Guide to Navigating Youth Behavioral Health

- WELCOME LETTER**
What's the difference between behavioral health and physical health?
- DO**
What do you do when there is a behavioral health concern?
- ASK**
Questions to ask when your child is experiencing a behavioral health concern
- EXPECT**
What to expect during a behavioral health evaluation