

Dear Parents and Guardians;

May is Mental Health Awareness month and in honor of this we are pleased to inform you that Kennett High School will be hosting Chief Justice John Broderick of the Change Direction NH campaign. Justice Broderick will bring his message of change regarding mental health awareness to our students and staff on the morning of **Tuesday, May 22nd during a school-wide assembly.**

A former NH Supreme Court Justice and co-chair of The Change Direction NH campaign, Justice Broderick shares his family's personal journey in an effort to reduce the stigma surrounding mental health challenges. He has brought his message to schools across the state encouraging young people to recognize the ***Five most common signs*** that someone may be experiencing emotional pain. Learning the five signs of emotional suffering and the steps you can take to help can open the door to effective treatment. Know the Five signs is a national campaign sponsored by Change Direction. To learn more about Change Direction NH campaign and to find helpful resources go to [www.changedirection.org/nh](http://www.changedirection.org/nh)

We encourage you to talk to your child about these important issues prior to the assembly and to share the two handouts included with this letter; Five Signs of Emotional Suffering and Healthy Habits of Emotional Well-Being. Prior to Justice Broderick's presentation students will receive information from their teachers on the five signs and will be offered support through the School Counseling office. If you have any concerns or if you want tips on how to talk with your child about mental health issues please reach out to the School Counseling office at (603) 356-4325 or [www.khsmwv.com/school-counseling](http://www.khsmwv.com/school-counseling).

### Know the 5 Signs of Emotional Suffering

- Personality Changes
- Uncharacteristically angry, anxious, agitated, or moody
- Withdrawal or isolation from other people
- May neglect self-care and engage in risky behavior
- Overcome with hopelessness and overwhelmed by circumstances

[www.changedirection.org](http://www.changedirection.org)