

Dear Coyote Parents,

Teen Lifeline reports that Arizona loses a teenager to suicide every 5.5 days and that 95% of those who commit suicide demonstrate warning signs. This coming Monday, April 12th, Teen Lifeline clinicians will provide Centennial parents with a one-hour online opportunity to learn about the signs, symptoms and risk factors for teen depression and suicide. Click [here](#) to complete the required registration.



Suicide Prevention Workshop for Parents

[Click Here to Register \(Required\)](#)

Monday, April 12th, 2021

6:00-7:00 PM on Zoom

After you register, Teen Lifeline will send a confirmation email containing a link to join the workshop.

The workshop provides information on risk factors, warning signs, motivations, and myths of teen suicide. Participants will learn how to identify and assess teens who are at risk or already thinking about suicide. Parents will leave with knowledge about community resources, confidence to talk with teens about suicide, and how to connect them to help.

Teen Lifeline is providing this curriculum virtually for the first time. While they understand that many of us are working from home with partners, roommates, and children, Teen Lifeline encourages parents to do their best to find a secluded place for the time of the training. This ensures safety not only for participants but for the people around them as well.

This short April 12th presentation also offers a chance for freshman Centennial parents and families to preview valuable information that Centennial will offer its Freshman English students. During the week of April 19th, representatives from Teen Lifeline will help CeHS freshman to build an awareness of what they can do if they recognize warning signs in themselves or a friend. We hope that this information increases help-seeking behavior and saves lives. You can [click here to learn more about Teen Lifeline](#).

Thanks for all you do to support the well-being of your Coyote. If you have questions or concerns about Teen Lifeline or need assistance, please feel free to contact our office at 623-412-4400.

Mr. Hollabaugh
Principal