

Dear Parent or Guardian,

Your teen's health class is studying mental and emotional disorders. People who suffer from some sort of mental illness are often identified by their inability to cope in healthful ways with life's changes, traumatic experiences, and losses.

Some questions your teen will explore as we study this chapter are: *What are the types of mental disorders? What is a personality disorder? What are the warning signs of suicide? What mental problems require professional help? How do professionals help people recover from mental illnesses?*

Learning about the types of mental disorders and their symptoms and treatments helps students improve their own health. It also encourages them to care about the health of others. To support and extend our classroom work, please plan to complete one or more of the following activities with your teenager:

- Plan a family outing, perhaps a day at the mall, an afternoon at the movies, or a camping trip. After the excursion, discuss how you feel when you spend time with people who are close to you.
- Ask your teen to describe how he or she copes with any of the following: disappointment, confusion, or rejection. Together, discuss how coping skills improve mental health.
- Ask your son or daughter to identify resources within the community that help in times of mental health crisis. Together, create a procedure for evaluating mental health services.

Please plan other activities you think will help your teen develop and maintain positive attitudes toward mental health issues. Thank you for supporting our classroom work. Feel free to contact me if you wish to discuss your child's health education.

Sincerely,

Health Teacher