

Dear Parents/Guardians of Hamlin Elementary,

NAMI South Dakota is excited to inform you about an upcoming program at Hamlin Elementary aimed at promoting the mental health and well being of your students. This program is designed to get young people thinking about their mental wellness and how to take care of their brains. This presentation goes over mental health, wellness, and some of the most common mental health conditions among youth today.

Mental health is a crucial component of overall well being. By equipping students with knowledge and tools to manage their mental health, we aim to create a supportive and informed school community.

This program aims to educate and empower students to recognize and manage their mental health. The topics covered include:

- Mental Health Overview
- Mental Illness Overview
- Emotions/Feelings Overview
- Healthy Coping Skills
- Resources for Mental Health

Using research, critical thinking questions, stories, and facts, students will define mental health, mental health conditions, coping skills, and wellness.

We believe that parental involvement is key to the success of this initiative. We are offering a parent presentation on Wednesday, February 4th @ 6:00PM CST. We encourage you to attend so as to better help you talk to your students about what they learn from the program. Please reach out to us with any questions or concerns. Additionally, we will provide resources for parents to help support your child's mental health at home.

If you have any questions or would like more information about the program, please do not hesitate to contact us.

Sincerely,

Sheri Nelson, Executive Director of NAMI South Dakota
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