



Dear NUHS Parents,

This has been a most challenging week as we navigate the death of one of our dear students, Lena. The added layer that it was by suicide brings so many other elements of fear as we work through this reality. Your mental health team has been working tirelessly to support students they know have or may have been deeply impacted by Lena's death. We continue to monitor and reach out as these referrals come in and would like to offer additional support via virtual therapy for any student who may want to participate. **These are available on weekdays at 10:00 and 2:00 at the link below. By clicking the link below, students (or parents) may enter a Google Meet room by clicking on the link.** [Therapist Office Hour](#)

Teletherapy will be staffed by qualified mental health professionals from our school. Should your student need support at another time, please feel free to reach out to Julianne Henry in our STARS program at 273-4431, ext. 2034 or jhenry@njuhsd.com.

Please also find attached a resource from the National Association of School Psychologists (NASP) that may guide your conversations regarding the loss, death, and grief with your child. If, at any time, our staff has heightened concerns for your child, you will be notified.

This morning, and very timely, Education Week had an article entitled, [What I Wish Educators Knew About Mental Health](#). Embedded in this article by Angela Duckworth (you may have heard of her work on Grit [Ted Talk on Grit by Angela Duckworth](#)) is a series offered by NAMI (National Alliance for Mental Health) for parents and teachers. It is a free six-session course that may be of some help to those of you interested in understanding and working with your child who may have a mental-health vulnerability. [LEARN MORE HERE](#) and for the online version, sign-up here: Basics.NAMI.org.

The course includes a variety of topics and understanding of the following:

- Basic elements of coping with mental health conditions
- Brain biology and getting a diagnosis
- Communication skills and crisis preparation
- Treatment and connecting with others by sharing your story
- Navigating the mental health and education systems
- Self-care and advocacy

Finally, take care of yourselves as we continue to navigate uncertain times. We are stronger when we bridge together and can know we are not alone in moments of anxiety and grief. Please reach out to your child's teachers, counselor, or administration with concerns. We are here to support you.

In kindness on behalf of your NU Mental Health Team

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