

September 10, 2024

Good Morning I.S. 201! I'm Emily from 851, and I'm here on behalf of the S.E.A.L Team for Talk A Lot Tuesday.

Today is World Suicide Prevention Day, a day focused on helping people understand how important mental health is and learning how to prevent harmful actions. This is a big issue, especially for teenagers who might struggle with emotions or challenges as they grow up. You might be surprised, but 1 in 5 teenagers have thought about suicide. That's why it's so important for us to be there for each other, listen, and create a safe space where we can talk openly. Remember, it's okay to share how you feel—you don't have to handle tough times by yourself.

If you're ever feeling overwhelmed or unsure, reaching out to a trusted adult, guidance counselor, or someone you trust can make all the difference. They are here for you, and asking for help is a sign of courage and strength. As Barack Obama once said, "To anyone out there who's hurting—it's not a sign of weakness to ask for help. It's a sign of strength."

Thank you for being part of this important conversation, and remember, you're never alone. Stay positive, stay connected, and have a Together We Prevent Tuesday.

SEAL Team pledge:

We are the Dyker S.E.A.L. Team

Positivity is our dream

We teach it every day

To help others live the optimistic way

We learn to control our emotions and feelings

So, we always have effective social dealings

No stone left unturned; no person left behind

Every member of our team has the power to be kind

We spread kindness to our friends, families, and those who need a smile

When facing hardships and adversity, the S.E.A.L. Team goes the extra mile

