

Old Bridge Township Public Schools

**Important Parent Resources**

**Crisis Hotlines**

2<sup>nd</sup> Floor Youth Helpline 1-888-222-2228 (teens can call or text)  
NJ HopeLine 1-855-654-6735 (crisis/suicide prevention)  
Trevor Lifeline 1-866-488-7386 (for the LGBTQ community)  
Children's Mobile Response 1-877-652-7624

(parent calls for crisis counselor to come to the home in Middlesex County)

**Suicide Prevention**

[www.sptsusa.org](http://www.sptsusa.org) Society for the Prevention of Teen Suicide  
[www.afsp.org](http://www.afsp.org) American Foundation for Suicide Prevention  
[www.save.org](http://www.save.org) Suicide Awareness Voices of Education

**Drug Trends**

[www.drugfreeworld.org](http://www.drugfreeworld.org)  
[www.drugfree.org](http://www.drugfree.org)  
[www.teens.drugabuse.gov](http://www.teens.drugabuse.gov)

**Digital Age Parenting Advice**

[www.commonensemedia.org](http://www.commonensemedia.org)  
[www.fosi.org](http://www.fosi.org) Family Online Safety Institute  
[www.screenagersmovie.com](http://www.screenagersmovie.com) (click on Resources, then Screen Time contracts)  
Psychology Today's Parenting in a Digital Age

**PLEASE UTILIZE THIS SUICIDE PREVENTION RESOURCE!**

**YOU MAY SAVE A LIFE!**

Dear Old Bridge Parents and Guardians:

We are proud of our ongoing efforts to assist students and families in identifying and addressing mental health needs. A vital aspect of this is suicide prevention. At Salk and Sandburg Middle Schools, we are now implementing the SOS Signs of Suicide Prevention Program, which is listed on SAMHSA's National Registry of evidence-based programs and practices. The SOS program is the only youth suicide prevention program that has demonstrated an improvement in students' knowledge and adaptive attitudes about suicide risk and depression, as well as a reduction in actual suicide attempts.

One of the most valuable components of the SOS program is the online access to information about depression, self-injury, and suicide prevention, which is currently available to all Old Bridge parents and guardians, for a limited time. We urge you to take the time to familiarize yourselves with the information on this user-friendly website, as it could save a person's life.

Go to <http://sossignsofsuicide.org>

**Enter user name: jsms-par**

**Enter password: SalkSandburg**

*Please note that it is strongly recommended by experts that adults keep the following in safe, locked locations that are inaccessible to children and teenagers:*

- *Any type of guns/firearms*
- *Alcohol, including beer, wine, liquor*
- *Other drugs, including both prescription medications and over-the-counter medications*

The SOS program is being implemented with our middle school students in the Health classes by the Student Assistance Coordinators (SACs). Please direct any questions about this as follows:

Jonas Salk Middle School SAC: Rose Bornstein Bedoya, 732-360-3036

Carl Sandburg Middle School SAC: Lauren Piserchia, 732-360-1313

Thank you for your collaboration as we all strive to best meet the mental health needs of our precious Old Bridge children.