



Nutley Public Schools

371 Franklin Ave.

Nutley, NJ 07110

Dear Families,

September is Suicide Awareness and Prevention Month, with World Suicide Prevention Day recognized on September 10th. Suicide is the 11th leading cause of death in the United States, and the second leading cause of death for ages 10-24 in New Jersey. According to the American Foundation for Suicide Prevention, in 2022, there were 1.6 million suicide attempts and 49,476 Americans died by suicide. The Nutley Public School District is dedicated to promoting suicide prevention awareness and education to students as well as supporting students and parents in learning the warning signs and how to appropriately respond when there is a concern that a person may be in danger of self-harm. We have provided steps on what to do in an emergency as well as additional resources on our [Wellness Resources](#) page. The American Foundation for Suicide Prevention offers resources on [risk factors](#) and [warning signs](#) and [what to do](#) when someone is at risk.

This school year, our counseling staff will address age-appropriate mental health topics districtwide, emphasizing mental wellness for all. We're dedicated to reducing mental health stigma and have recorded Suicide Awareness and Prevention presentations for parents to view on our [Wellness Programs](#) page. Our Student Assistance Team has created this [Suicide Prevention/Awareness presentation](#) for parents with crucial information on suicide statistics, warning signs, resources, and ways parents can support their students.

School Counselors are available at each of the seven schools in our district to provide support services within school and to refer families to appropriate community resources and mental health services outside of school. Please reach out to your child's school counselor with any questions or concerns. Click on the following links for contact information for [NHS](#), [JHWMS](#) and [Elementary](#) School Counselors.

We are continuing the partnership between the Nutley School District and University Behavioral Healthcare (UBHC), a division of Rutgers University, this school year. Our main objective is to provide students with accessible mental health support right within our community. This program offers a wide range of free and confidential mental health services within the Nutley School District, including referral-based individual therapy, group counseling, psychoeducational classroom lessons, and presentations for parents and staff. If you are interested in referring your child for services, please reach out to our school based clinician, Lorayna Gil, LCSW at lgil@nutleyschools.org.

As always, in case of an emergency, call 911 or go to the nearest emergency room. If you or someone you know is in need of support, the [Crisis Text Line](#), the [New Jersey Hopeline](#), the [2nd Floor Youth Helpline](#), and the [National Suicide Prevention Lifeline](#). These resources are available 24 hours/7 days a week if someone you know is considering suicide. Call or text **988** or text **TALK to 741741** to be connected to the National Suicide Prevention Lifeline.

We will continue to share opportunities for mental health programs and services throughout the school year. Please reach out if you are in need of any assistance.

Sincerely,

Kent Bania
Superintendent
Nutley Public Schools

Meredith Gerckens
Director of School Counseling
Nutley Public Schools