(On School Letterhead)

(Date)

Dear Parent,
On _____, we will be discussing mental health and mental illness in your child's classroom. Students will learn a vocabulary to talk about mental health and mental illness. They will learn that everyone has mental health and that social stigma effects attitudes and acceptance of individuals with mental illness. Your child may be surprised to learn that many famous people suffer from mental illness and still lead successful lives. We invite you to ask your child what he/she learned in class, and what was the most interesting thing he/she discovered. If you have questions or would like more information about this class, please contact me at _____.

Sincerely,

_____
School Nurse