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www.byrneshec.org • www.LearntobeHealthy.org

Dear Parents/Guardians,

The educational facility your child attends has scheduled their class to participate in one (or more) health education program provided by the Byrnes Health Education Center (BHEC). This letter is to notify you that your child is scheduled to participate in the following program(s): **BREAKING THE SILENCE - MIDDLE**. Presented within your child's educational facility by an exceptionally qualified health educator, this program places special emphasis on Mental Illness which includes Depression, Obsessive Compulsive Disorder and Panic Disorder/Phobias. During this program participants will learn ways to reduce the stigma often attached to these illnesses and the importance of getting help.

Thank you for allowing your child to participate in the health education program provided by the BHEC. We encourage you to ask your child about the program content and activities, and value your feedback!

Be healthy,

The Education Department

P.S. [LearntobeHealthy.org](http://www.LearntobeHealthy.org) is the eLearning tool of the BHEC. It is a website that provides interactive health education kits, information, games, and other resources for families, children, teens, and teachers. Do not hesitate! Take a look today at www.LearntobeHealthy.org to enjoy a free 30-day trial membership.



Objectives

At the completion of this program, participants will be able to:

1. Name the major mental illnesses and the symptoms associated with them.
2. Be informed about the nature of mental illness
 - a. A biologically based brain disorder
 - b. A no-fault illness
 - c. Treatable with medication and therapy.
3. Identify where to go for help and support.