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*Superintendent*

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Dear Parent/Guardian/Caregiver,

We are pleased to announce that our district has enrolled with HELPme, by STOPit Solutions.

We understand that asking for help can sometimes be hard. If you are struggling, please know **you are not alone**. We care about YOU, and we are providing our school community with a safe place to ask for and receive help. Asking for help is BRAVE and is the first step to feeling better.

**The HELPme app is available to you 24 hours a day, 7 days a week.**

Our goal with HELPme is to:

- Decrease the stigma surrounding mental health and shame of asking for help.
- Support the well-being and educational success for ALL students & staff.
- Remove barriers to learning.
- Improve school climate, student connectedness, parent & community engagement.
- Create a culture of helping ourselves AND helping others.
- Encourage positive behaviors and relationships.

HELPme is a tool that works by empowering students, parents, and staff to ask for and receive the help they need with dignity and privacy. All users will have access to the HELPme mobile app, which has two main features:

**GET RESOURCES:**

If you or your family need assistance with food, shelter, transportation, or domestic violence – enter your zip code in the **Get Resources** section of the app, and you will be provided with links to local resources who can help you. There is also a video library of wellness resources, including topics such as Stress & Anxiety, Bullying, Suicide Prevention, and Anger Management.

**CRISIS TEXT LINE:**

If you are experiencing a painful emotion, click the **Crisis Text Line** button, and you will be connected to a crisis counselor. The counselor will introduce themselves and invite you to share your thoughts and feelings at your own pace. Everything is confidential and you never have to share anything you don't want to. The counselor will help you sort through your feelings until you are feeling calm and safe.

**No personal information is needed to use HELPme.** The only way personally identifiable information will be accessible through HELPme is if a requester voluntarily includes it within the content of a request or message.

Both our school and HELPme are committed to protecting the privacy of student data. STOPit is a signatory to the [Student Privacy Pledge](#), spearheaded by the Future of Privacy Forum and the Software & Information Industry

Association. You may review STOPit's [Privacy Policy](#) for details, including more information on how anonymous reporting works.

Please note that we will be launching HELPme on June 24<sup>th</sup>. At that time, your child will be invited to download the HELPme app from the app store on his or her smartphone or tablet at no charge.

We encourage you to download the HELPme app and search for your students school using the directory. You can privately ask for help for your student, family, others you care about, or even acquaintances who appear to need help. For a video on how to use HELPme, go to: [HELPme Video](#)

Together, we can make sure everyone in our community gets what they need to thrive. Thank you

Regards,

*R. Díaz*

Superintendent