



## NUTLEY HIGH SCHOOL

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300 FRANKLIN AVENUE  
NUTLEY, NEW JERSEY 07110

**DENIS WILLIAMS, PRINCIPAL**  
dwilliams@nutleyschools.org  
Tel: 973-661-8824  
Fax: 973-320-8010

September 12, 2025

Dear NHS Parents and Guardians:

We are writing to inform you about an important upcoming assembly on mental health and suicide prevention on Thursday, September 18th. During this assembly, the following vital topics related to mental health will be discussed:

- Recognizing the signs of stress, anxiety, and depression
- Understanding the importance of self-care and ways to seek support
- Preventing and addressing thoughts of self-harm or suicide
- Building a supportive community and reducing the stigma surrounding mental health struggles

The mental well-being of students is important to us and we hope that this assembly will provide valuable resources for all students. As topics listed above may be overwhelming for some individuals, there will be support provided during and after the assembly. This support will include our high school counselors, case managers, and the Student Assistance Specialist. Please take a moment to discuss with your student the importance of the assembly and the importance of reaching out for help. Please feel free to contact us with any questions and remind students that it is okay to ask for help, and no one is ever alone in facing life's challenges.

Sincerely,

Nutley High School Administrative Team