

Phone: 732-235-2810
E-mail: tlc@ubhc.rutgers.edu

Sample Letter for Parents

Include only information that has been confirmed by authorities.

Dear Parents,

We at [School Name] are deeply saddened to share the news of the tragic passing of one of our students, [Student Name]. [He/She/They] was struck by a train, and we extend our heartfelt condolences to [his/her/their] family, friends, and all who knew [him/her/them] during this incredibly difficult time. ***Only include information that has been confirmed as sharable.***

This loss is profound and affects us all. It is important to acknowledge that such accidents, while sudden and devastating, can also be a source of deep emotional distress for those who are left behind. We encourage everyone to offer compassion and support as we navigate this period of grief together.

We have been working with the Traumatic Loss Coalition for Youth Program (TLC) through the NJ Department of Children and Families and Rutgers University Behavioral Health Care. They have provided us with guidance on how to talk with your child about dealing with such a loss and managing grief.

Counselors will be available at school in the coming days and weeks to provide support to students who need it. If you feel your child could benefit from additional assistance, please do not hesitate to contact the school office.

As social media may be used to discuss [Student Name]'s death, we recommend monitoring your child's online activity in the coming days. Look for any signs that your child or their friends might be struggling with grief or emotional distress. If you notice concerning posts or behavior, please reach out to your child for a conversation and seek support if needed. Additionally, if you come across posts from other students that suggest they may be struggling, please contact their parents or another trusted adult, and let us know so that we can help.

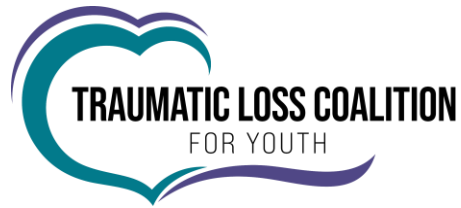
While this situation is deeply painful, it is important to address any immediate needs for support. I am including information about crisis supports available for those who may need them:

Crisis Supports:

-Crisis Text Line: Text HOME to 741-741

-988 Suicide & Crisis Lifeline: Call or text 988. Chat available at 988lifeline.org

-2NDFLOOR: The Youth Helpline of New Jersey. Call or text 888-222-2228



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-The Trevor Project: Text START to 678-678 or call 1-866-488-7386
-Prevent Suicide New Jersey: Resources available at preventsuicidenj.org

Please feel free to reach out to me or one of our counselors with any questions or concerns. We are here to support you and your child during this difficult time.

Sincerely,

[Principal's Name]
[Principal's Position]
[School Name]