



4 East Spring Street
N.Attleboro, MA 02760
617-510-0668

FOR IMMEDIATE RELEASE:

KyleCares, Inc
4 East Spring Street
North Attleboro, MA 02760
www.KyleCaresInc.org

Media Contact:

Jim Johnson
info@kylecaresinc.org
508-878-3990

KyleCares GIVES BACK on #GivingTuesday 2020

NORTH ATTLEBORO, MA (November 29, 2020) – Tuesday, December 1st is #GivingTuesday 2020, a day where people around the globe will come together in unity to show kindness and generosity in all its forms by giving their voice, time, money, goods, and advocacy to support communities and causes. Everyone has something to give, every act of generosity counts, and in that spirit KyleCares has extended an offer letter to twenty-seven Massachusetts and Rhode Island high schools to help train their faculty and staff in QPR Gatekeeper Training.

QPR stands for Question, Persuade and Refer, and QPR Gatekeeper Training provides instruction on these three simple steps that anyone can learn to help save a life from suicide. “With the impact COVID-19 is having on students it is more important than ever for all of us – families, friends, teachers, coaches, school administrators, and communities as a whole – to be vigilant and keep an eye on our teens and young adults. However, it is unfair to ask faculty and school staff to do so without giving them proper training, and KyleCares is offering to organize and cover the cost of QPR Training. All a school needs to do is confirm their willingness to participate, and work with us to schedule training between now and the end of 2021”, noted KyleCares Director, Katie Johnson.

QPR Training will be provided by a QPR-certified trainer from KyleCares’ partner, Minding Your Mind. Typically the training is a 2-hour in-person session, but can also be delivered virtually for schools working remote during COVID-19.

The KyleCares mission remains the same, and in fact may be needed now more than ever to help high school and college students navigate this unprecedented difficult time. Social isolation and loneliness are linked to poor mental health. COVID-19 may lead to new mental health and substance use issues, and exacerbate disorders among those already with anxiety, depression, substance misuse, distress, and low self-esteem. For some students this will lead to an increased need for mental health services. A teen’s reaction in part will be what they see from parents, caregivers, teachers, coaches, and trusted adult advisors. Providing calm, confident, and reassuring feedback is needed, as is validation that students’ concerns and stressors during this time are normal.

About KyleCares:

KyleCares is a 501(c)3 non-profit organization that helps high schools and colleges in New England support student mental health by CONNECTING schools with mental health resources, FACILITATING long-term strategies, and FUNDING school-based mental health education, awareness, and suicide prevention programs. Ultimately we aim to eliminate student self-harm and suicide by creating school environments where students and their caregivers have the confidence and support to seek help without shame or hesitation. See more information at www.KyleCaresInc.org.

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www.KyleCaresInc.org



info@KyleCaresInc.org



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