



# Timberlane Regional Middle School

"New Hampshire Middle School of Excellence 2016"

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*Mental illness is the only illness from my childhood that remains in the shadows. We need to change the culture surrounding emotional suffering and we need to begin by letting everyone know its five most common signs and that early detection and treatment yield great success.*

– John Broderick, Former NH State Supreme Court Justice

On Tuesday, May 15th TRMS will welcome Former NH State Supreme Court Justice John Broderick to speak to our 7<sup>th</sup> and 8<sup>th</sup> grade students. Justice Broderick will share his personal story of watching his son struggle with mental illness, which had been undiagnosed for the better part of 20 years. From this experience, Justice Broderick has led the initiative for New Hampshire to be the first state to engage in Change Direction, a campaign aimed at raising awareness of the five major signs of emotional suffering that could indicate someone needs help.

Over the past couple of years, Justice Broderick has brought his story to middle and high school students across New Hampshire. His aim is to reduce the stigma of mental health issues and encourage people to reach out for help. Students will have the opportunity to ask questions during the assembly.

Justice Broderick will also hold an informational session for the community on Wednesday May 16 at the Performing Arts Center at 6:30pm. Parents are strongly encouraged to attend this free event.

It is understandable that this topic may be sensitive for some students. If for any reason you would prefer that your child not attend this presentation, please let Kelley Binette, Student Assistance Counselor, know by Monday, May 14th so that alternative arrangements can be made. Ms. Binette can be reached at [Kelley.Binette@timberlane.net](mailto:Kelley.Binette@timberlane.net) or 382 -7131 x 4926 with any questions.



[www.changedirection.org/nh/](http://www.changedirection.org/nh/)