

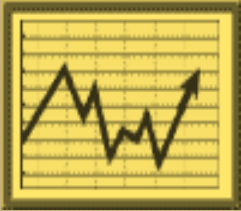
# Signs of Suicide Prevention Program



## Objectives:

- *to educate teens that depression is a treatable illness*
- *equip teens to respond to a potential suicide in a friend or family member*
- SOS teaches students how to ACT (Acknowledge, Care and Tell) in the event of a mental health emergency.
- Program is video based instruction:
  - how to identify symptoms of depression and suicidality in themselves or their friends
  - how to respond effectively by seeking help from a trusted adult.
- <http://www.mentalhealthscreening.org/schools/index.aspx>

# Impact of SOS Prevention Program at CHS



## Students reported...

**they were more comfortable with talking about suicide**

**increased confidence in own ability to recognize when someone may be at risk of hurting themselves**

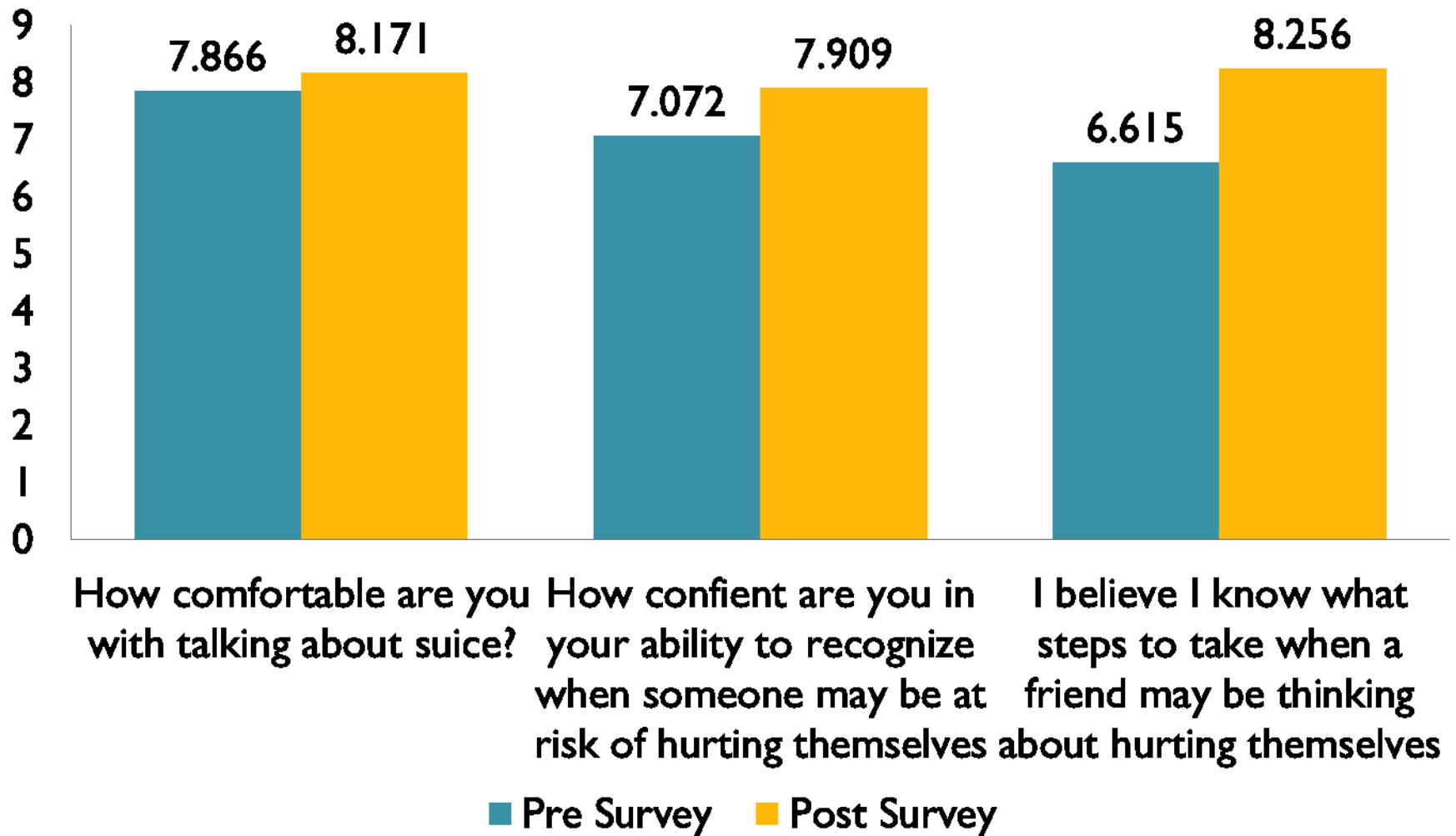
**they felt more knowledgeable about what steps to take**

**increased ability to identify a trusted adult within the school community**

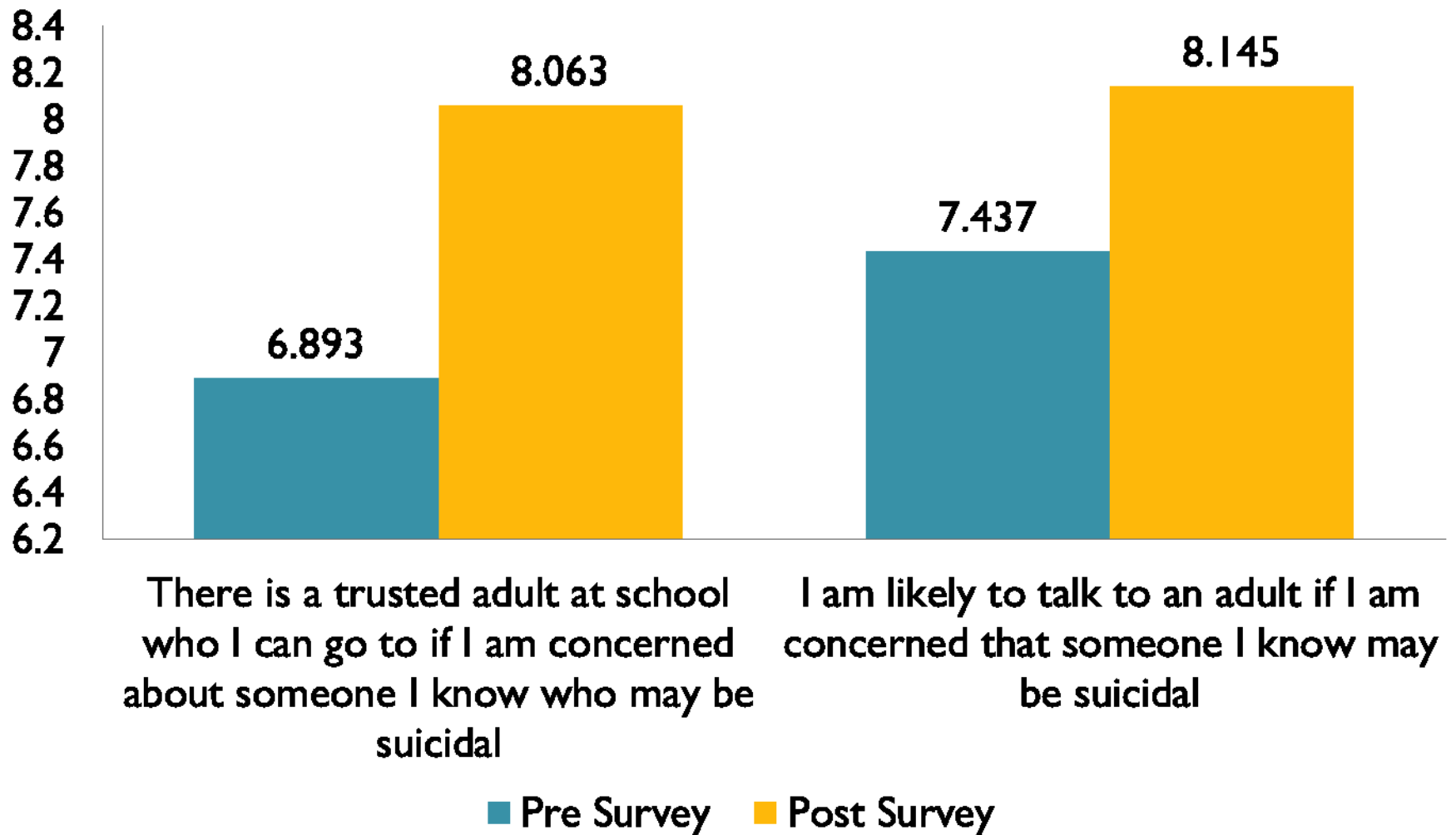
**they were more likely to talk to an adult**

**increased self confidence in their ability to take appropriate action**

# S.O.S. Classroom Guidance Outcome Data



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**At the conclusion of the SOS  
classroom guidance lesson  
presentation in November 2011...**

**13 student referrals were  
made to counselors for  
depression, self-injury  
and/or suicidal issues**