



SIGNS OF SUICIDE PREVENTION PROGRAMS

BEHAVIORAL HEALTH SERVICES

The Signs of Suicide (SOS) Prevention Program is a curriculum used to raise awareness of suicide and its related issues, briefly screen for depression and other risk factors associated with suicidal behavior and reduce the incidence of suicide

SOS teaches students to...

- ✓ **Acknowledge** that a friend has a problem that is serious
- ✓ **Care** about their well-being and let them know you want to help
- ✓ **Tell** a trusted adult that you are worried about a friend

SOS helps educators...

- ✓ **Learn** the difference between normal development and a more serious mental health issue
- ✓ **Recognize** warning signs for suicide
- ✓ **Know** how to respond appropriately through referral to a mental health professional

SOS is designed to...

- ✓ **Decrease** suicide and attempts by increasing knowledge and adaptive attitudes about depression
- ✓ **Encourage** help-seeking behaviors
- ✓ **Engage** parents and school staff as partners in prevention
- ✓ **Reduce** stigma

FACT & MYTHS

- MYTH** If a person talks about committing suicide, they won't do it
- FACT** This provides an opportunity to talk and ACT
- MYTH** If you ask someone about suicide, you are introducing it to their mind
- FACT** The person is trying to communicate something important

Signs of Suicide Prevention Program:

- ▶ Is an **evidence-based** program
- ▶ Has shown a **reduction** in self-reported suicide attempts by 40-64%
- ▶ Is appropriate for both middle and high school aged youth

For more information visit:
mentalhealthscreening.com