

SOS – Signs of Suicide Prevention Program For Middle Schools and High Schools

Some secrets should be shared. . . .

WHY IS THIS TRAINING IMPORTANT?

Each year an estimated 775,000 family members are impacted by the suicide attempt or death of a loved one. Countless others are concerned about friends. You can make a difference and possibly save a life.

Suicide is the third leading cause of death for 11-18 year olds in the United States.

According to the National Association of School Psychologists, the reality is that every five hours, a child or adolescent in the United States dies by suicide.

HOW DOES THE TRAINING WORK?

SOS Signs of Suicide[®] Prevention Program is an award-winning, nationally recognized program designed for middle and high school-age students. The program teaches students how to identify the symptoms of depression and suicidality in themselves or their friends, and encourages help-seeking through the use of the ACT[®] technique (Acknowledge, Care, Tell). SOS is designed to be implemented in one class period using a DVD and discussion guide with talking points for each topic addressed.

The SOS High School program is the only school-based suicide prevention program listed on the Substance Abuse and Mental Health Services Administration's National Registry of Evidence-based Programs and Practices that addresses suicide risk and depression, while reducing suicide attempts. In a randomized control study, the SOS program showed a reduction in self-reported suicide attempts by 40% (BMC Public Health, July 2007).



For more information about SOS, go to <http://mentalhealthscreening.org/programs/youth-prevention-programs/sos/>.

To schedule a training, contact:
Solutions Community Counseling & Recovery Centers

Attn: Barbara Adams Marin
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Available *FREE* to
Warren and Clinton County, Ohio Schools

This program is approved by the
Suicide Prevention Coalition of Warren
and Clinton Counties
and
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