

After delivering SOS to students across the U.S...

97%

of schools believed students learned to identify signs of depression and suicide.

90%

of schools saw an increase in students asking for help for themselves or a friend.

95%

of schools reported a reduction in mental health stigma among students.

64%

of schools reported a reduction in self-reported suicidal attempts.

For more information on SOS statistics and program facts, please visit mindwise.org

Please contact
Jordan Jean, LPCC
at

**The Counseling Center of
Wayne and Holmes Co.**

if you are interested in having the SOS program implemented at your school.

Email her at
jkindinger@ccwhc.org
or call 330.264.9029
for more information.

If you are having a mental health emergency, please call the Wayne and Holmes Local 24/7 Crisis line or 9-1-1

Crisis line: 330.264.9029



SOS Signs of Suicide Program

AN EVIDENCED-BASED
SUICIDE PREVENTION
PROGRAM



The SOS program...

...is an evidenced-based youth suicide prevention program.

...is designed for grades 6th - 12th and is presented throughout the United States.

...teaches students to identify signs of depression and suicide in themselves and their peers.

...provides materials that support school professionals, parents, and communities.

...meets the Ohio Department of Education's requirements for suicide prevention programming.



How does it work?

- An SOS facilitator will come to your school and present the program at no cost
- The program will be presented in the classroom setting
- Each presentation can be presented in one class period
- The facilitator will provide schools with necessary handouts and opt-out permission slips
- Students will fill out a depression screening questionnaire that will be reviewed by the facilitator and appropriate school staff.
- Follow-up interviews will occur for those students who screen positive for depression/risk of suicide.

What do students learn?



Students will learn how to “ACT” by watching age-appropriate videos and participating in a class discussion lead by the SOS facilitator.

How to ACT

1. **Acknowledge** signs of suicide.
2. Show their friend they **Care**, and
3. **Tell** a trusted adult.