

# SOS Signs of Suicide

SOS Signs of Suicide, a universal school-based prevention program, teaches students in grades 6-12 how to identify the signs of depression and suicide in themselves and their peers.

Through a video, guided discussion, and brief screening for depression, students are encouraged to **ACT** (Acknowledge, Care, Tell) when worried about themselves or a friend.

Our evidence-based student training takes just **one class period** and has shown a **64% reduction** in self-reported suicide attempts.

SOS is fully digital – all program materials are available online. The program license is annual and must be renewed each year. An active license ensures continuous access to updated program materials.



“This program has helped our students SO MUCH. **We always identify kids in crisis through this program who otherwise would have fallen through the cracks.** Thank you for offering such a valuable program.”

-Deborah Carpenter, Health Teacher  
Billerica, MA

## The program includes:

- **Educational videos** and discussion guides that encourage help-seeking through the ACT (Acknowledge, Care, Tell) message
- **Refresher videos** and lesson plans for subsequent years
- A **validated depression screening** and student response slips
- Video and materials for **faculty and staff training**
- In-person and online **parent engagement resources**

## Order SOS Today

There are three versions of SOS, each with age-appropriate messaging. The middle and high school versions also contain refresher content for subsequent years.

### SOS for Middle school

Features dramatizations and roundtable discussions of common middle school scenarios.

### SOS for High school

Features dramatizations of common high school scenarios and real-life stories of young adults who sought treatment after experiencing personal mental health challenges.

### SOS Second ACT

Features real-life stories of hope from young adults who have sought treatment for mental health struggles; includes messaging from students transitioning from high school to college/workplace.

[MindWise.org/shop](https://MindWise.org/shop)

## About MindWise Innovations

We equip schools, workplaces, colleges, and communities with tools to help them address mental health issues, substance use, and suicide risk.

Powered by the behavioral health professionals at Riverside Community Care, our suite of products has been proven to reduce suicide attempts and includes online tools and trainings that provide guidance to those struggling with depression, opioid and substance use, anxiety, trauma, eating disorders, and more.



MindWise.org

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