

Register

Return completed form to address or fax number below.

MY CONTACT INFORMATION (Use one form per school):

Contact Name: _____

School/Organization Name: _____

Street (UPS will not ship to P.O. Boxes): _____

City: _____ State: _____ Zip: _____

School District: _____

Phone: _____ Fax: _____

Email (required): _____

Expected Implementation Date: Month: _____/Year: _____

How did you hear about this opportunity? _____

ORDER INFORMATION

☐ **SOS HIGH SCHOOL PROGRAM***

☐ **SOS MIDDLE SCHOOL PROGRAM***

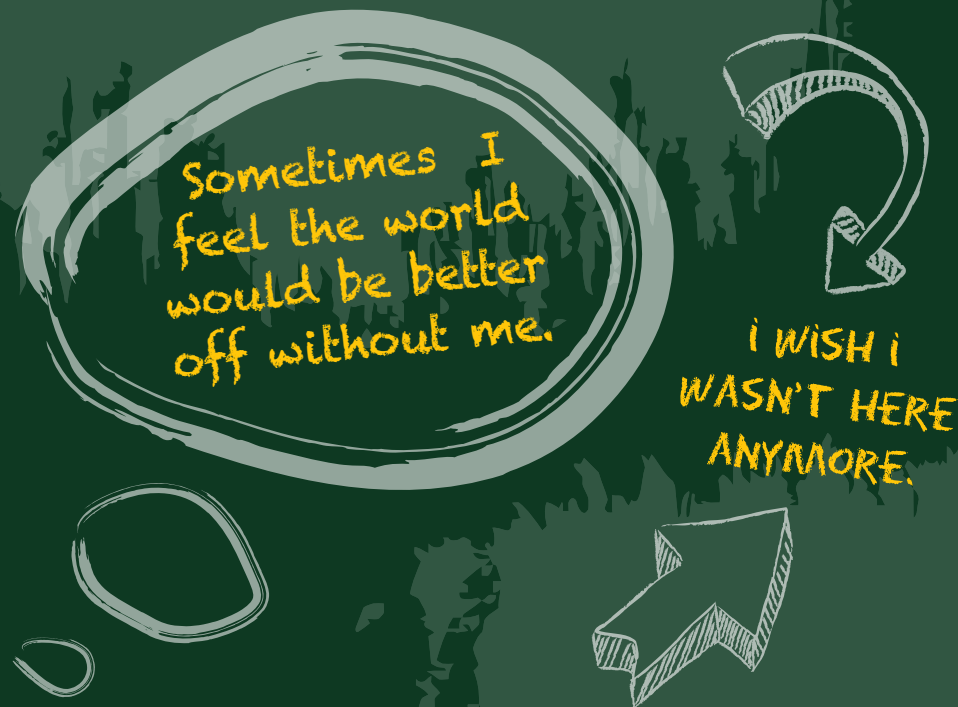
**For extra materials, including Spanish materials, contact Youth@MentalHealthScreening.org.*

To order an SOS Program for your school separate from the Attorney General's grant project you can register online at:
www.mentalhealthscreening.org/youth

Screening for Mental Health, Inc.
P.O. Box 984001
Boston, MA 02298-4001

Phone: 781-239-0071 Fax: 781-431-7447
Email: Youth@MentalHealthScreening.org
Screening for Mental Health, Inc. is a 501(c)(3) organization

Some secrets should be shared.



SOS Signs of Suicide® Prevention Programs for Middle and High Schools

Practical risk management tools
to assess, prevent, and respond to
signs of suicide and self-injury.



Screening for Mental Health, Inc. is partnering with Massachusetts Attorney General Martha Coakley's office to provide an evidence-based suicide prevention program free of charge to 50 schools across the Commonwealth.

In a randomized controlled study, the SOS High School Program showed a reduction in self-reported suicide attempts by 40%.

BMC Public Health,
July 2007

The SOS Signs of Suicide Prevention Program teaches students the warning signs of depression and suicide and encourages help-seeking through the use of the **ACT**® technique (**A**cknowledge, **C**are, **T**ell).

- **ACKNOWLEDGE** how your friend is feeling.
- Let your friend know you **CARE**.
- **TELL** a trusted adult that you are worried about your friend.

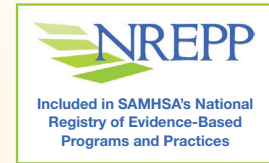
SOS is designed to be implemented in one class period. The main teaching tool is an educational DVD featuring acted vignettes of adolescents modeling the ACT technique. Each DVD also includes stories from youth whose lives have been affected by depression and suicide. A discussion guide accompanies the DVD and includes talking points for each topic addressed. The goal is to facilitate an open discussion with students about mental health. All of the SOS kits include materials for 300 students and their parents.

The Access to Mental Health Services Grant program is designed to support the Attorney General's advocacy on behalf of service members, veterans and their families, and residents of the Commonwealth, to ensure that they receive the highest quality healthcare, including mental health services.

SOS Signs of Suicide Prevention Programs

SOS High School Program

- Appropriate for grades 9-12.
- The SOS High School Program is listed on the Substance Abuse and Mental Health Services Administration's (SAMHSA) National Registry of Evidence-Based Programs and Practices.



ALL HIGH SCHOOL AND MIDDLE SCHOOL KITS INCLUDE:

- An educational DVD and discussion guide for students.
- "Training Trusted Adults" DVD: A gatekeeper video ideal for parent nights, staff meetings, and community events.
- "Plan, Prepare, Prevent: SOS Online Gatekeeper Training": Web-based course on suicide prevention and SOS Program implementation.
- Educational materials and depression screening forms.
- Parent resources.
- Will to Live® Life Teammates® resources for coaches.
- Spanish subtitles and English closed captioning on student and gatekeeper DVDs. Extra materials also available in Spanish.

SOS Middle School Program

- Appropriate for grades 6-8.
- The SOS Middle School Program is listed in Section III of the SPRC/AFSP Best Practices Registry for Suicide Prevention (BPR).

NEW!

Middle School DVD and Discussion Guide

The SOS Middle School Program now comes with an updated DVD for students. This video, renamed "Time to ACT," features students at a roundtable discussing mental health topics, one-on-one conversations between a high school student and trusted adult, and educational vignettes to model responding to a friend in need.

Safety

National experts and government officials are emphasizing policies for school safety, reiterating the importance of early identification and screening for youth depression.

The SOS Program addresses many critical aspects of community preparedness, including:

- Early identification
- Stigma reduction
- Gatekeeper training
- Linking schools to community mental health resources
- Effective school safety protocol