

# SOS Signs of Suicide® Prevention Program for Middle and High Schools

A program that teaches students how to recognize and respond to signs of depression and suicide in themselves or a friend.

The SOS Program is the only school-based suicide prevention program to:

- Reduce self-reported suicide attempts by 40% in a randomized controlled study. (American Journal of Public Health, March 2004);
- Be selected by SAMHSA for its National Registry of Evidence-Based Programs and Practices (NREPP).

## SOS Signs of Suicide® Program

The SOS suicide prevention and depression screening program is designed for middle and high school students. The program is nationally recognized, easily implemented and cost effective.

The SOS Program teaches students how to identify the symptoms of depression and suicidality in themselves or their friends and encourages seeking help through use of the Acknowledge, Care, Tell (ACT) techniques.

**For more information on toolkit content, please see reverse.**



For more information about obtaining your FREE SOS Toolkit,  
please contact CHFS Suicide Prevention:

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## Suicide Prevention Program

### Basic Steps to receive your free SOS Toolkit

The requirements for receiving your free kit from the Kentucky Cabinet for Health and Family Services include:

1. Creating your implementation team.
2. A signed memorandum of agreement with clearly identified training and implementation dates.
3. Participating in a one-hour suicide prevention training for school, staff or community members.
4. Completing an evaluation of results from using the kit.

*"SOS empowers students by helping them to understand the connection between mental illness and suicide. SOS teaches teens the Signs of Suicide and prescribes action steps they can take for a mental health emergency."*

Alan E. Holmlund  
MA Department of Public  
Health Suicide Prevention  
Program Director

### SOS High School Kit

Includes:

- Materials for 300 students and their parents
- Implementation Guide: Step-by-step instructions including training materials, educational resources, lesson plans, and templates
- Educational DVD and Discussion Guide: The Friends for Life: Preventing Teen Suicide DVD describes the signs and symptoms of depression and suicide
- Programs materials available in English and Spanish
  - Brief Screen for Adolescent Depression (BSAD): A seven question screening tool for depression
  - Staff Materials: Training guide and video explain how to implement the program
  - Self-injury Packet: Educational materials for parents and staff
  - Postvention Guidelines
  - Additional Resources: Customizable wallet cards and posters with ACT message

### SOS Booster Kit

Includes:

- Materials for 300 graduating high school seniors
- Implementation Guide: Step-by-step instructions and options for program implementation
- Educational Video and Discussion Guide: Helps to prepare seniors for mental health situations that may arise after graduation
- Brief Screen for Adolescent Depression (BSAD): A brief seven question screening tool for depression
- Parent Resources: Strategies to help parents communicate with their children about mental health issues that may arise when they are away from home
- Educational Handouts for students and parents

### SOS Middle School Kit

Includes:

- Materials for 300 students and their parents
- Implementation Guide: Step-by-step instructions including training materials, educational resources, lesson plans, classroom games and templates
- Educational DVD and Discussion Guide: *SOS: Get into the Act!* describes the signs and symptoms of depression, suicide and self-injury
- Self-injury Packet: Educational materials for parents and staff
- Additional Resources: Customizable wallet cards, posters with the ACT message, ACT stickers, student newsletters and parent newsletters

### SOS Downloadable Renewal Kit (For previously registered sites only)

- Access to downloadable electronic versions of program materials from the national website
- Educational handouts
- Middle and high school versions available
- Additional Resources: PowerPoint training presentations and staff materials

For more information about obtaining a FREE middle or high school kit for your school, contact:  
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