

Not all lessons are  
learned from a textbook

## SOS SIGNS OF SUICIDE®

*PREVENTION PROGRAMS FOR MIDDLE AND HIGH SCHOOLS*

TEACH STUDENTS HOW TO RECOGNIZE AND  
RESPOND TO SIGNS OF DEPRESSION AND  
SUICIDE IN THEMSELVES OR A FRIEND



- ◆ In a randomized controlled study, the SOS program showed a reduction in self-reported suicide attempts by 40% (*American Journal of Public Health, March 2004*)
- ◆ The SOS High School Program is the only school-based suicide prevention program to be selected by SAMHSA for its National Registry of Evidence-Based Programs and Practices (NREPP)



*"The SOS Signs of Suicide program can be easily implemented by existing school staff in as little as one class period, providing information that can help students identify symptoms of depression and suicidal thoughts in themselves or their peers and teaching students how to ACT (Acknowledge, Care, and Tell) to avoid a potential tragedy."*

**Calvin Nunnally, Sr MS**  
Suicide Prevention Manager  
Virginia Department of Health

# The 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 help-seeking through use of the ACT® technique (Acknowledge, Care, Tell).

## SOS High School Kit . . . . . \$300

*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
- ◆ Brief Screen for Adolescent Depression (BSAD): A seven question screening tool for depression (Spanish version included)
- ◆ Staff Materials: Training guide and video explain how to implement the program
- ◆ Postvention Guidelines
- ◆ Additional Resources: Customizable wallet cards and posters
- ◆ Self-injury educational materials for parents and staff
- ◆ Parent Resources including BSAD, and Wellness Guide

## SOS Booster Kit . . . . . \$150

*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 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 Downloadable Renewal Kit . . . . . \$75

*For previously registered sites only  
Access to downloadable materials from our website*

- ◆ Electronic versions of program materials
- ◆ Middle and high school versions available
- ◆ Additional Resources: PowerPoint training presentations and staff materials

## SOS Middle School Kit . . . . . \$300

*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

For more information, or to register online, visit:  
[www.MentalHealthScreening.org/Schools](http://www.MentalHealthScreening.org/Schools)

Screening for Mental Health®  
1 Washington St. Suite 304  
Wellesley Hills, MA 02481

Phone: 781.239.0071 | Fax: 781.431.7447

# REGISTRATION FORM

**TO REGISTER, please send this form with payment to:**

Screening for Mental Health/Schools, P.O. Box 845788, Boston, MA 02284-5788  
Tel: 781.239.0071 | Fax: 781.431.7447 | Email: SOSinfo@MentalHealthScreening.org

## MY CONTACT INFORMATION

Organization Name \_\_\_\_\_  
Street (UPS will not ship to P.O. Boxes) \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Contact Name \_\_\_\_\_  
Phone \_\_\_\_\_ Fax \_\_\_\_\_  
E-mail \_\_\_\_\_

## SCHOOL INFORMATION *(If different from the contact information above)*

*Use one form per school.*

School Name \_\_\_\_\_  
Street (UPS will not ship to P.O. Boxes) \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
School District \_\_\_\_\_  
Contact Name \_\_\_\_\_  
Phone \_\_\_\_\_ Fax \_\_\_\_\_  
E-mail \_\_\_\_\_

SHIP KIT TO  My Organization  School Address

## ORDER INFORMATION

*High School:*

HS Kit - \$300  
*Choose format:  VHS or  DVD*

Downloadable HS Renewal Kit - \$75  
*For previously registered hs only*

*Middle School:*

MS Kit - \$300  
*Choose format:  VHS or  DVD*

Booster Kit with VHS - \$150

Downloadable MS Renewal Kit - \$75  
*For previously registered ms only*

## PAYMENT INFORMATION

Check enclosed Check # \_\_\_\_\_ Purchase Order # \_\_\_\_\_

All checks made payable to Screening for Mental Health/Schools (Tax ID# 04-3221069)

American Express  Discover  Mastercard  Visa

Name as it appears on card \_\_\_\_\_

Account # \_\_\_\_\_ Expiration Date \_\_\_\_\_