SOS Signs of Suicide®
High School & Middle School Prevention Programs

We surveyed 231 schools across the nation and compiled the following data surrounding suicide prevention efforts with the High School and Middle School SOS Programs.

Suicide is the LEADING CAUSE OF DEATH for youth in the United States. According to the Youth Risk Behavioral Survey, almost 1/3 of students reported feeling so sad or hopeless for over two weeks that they stopped some usual activity.

The SOS program teaches students to recognize warning signs of Depression & Suicidal in themselves and their peers and prompts them to seek help from a trusted adult. In a randomized control study, the SOS program showed a reduction in self-reported suicide attempts by 40%.

Decreasing suicide attempts by increasing knowledge.

Our results showed...

- On average 360 Students Participated Per School
- 8% Sought Help For themselves or a friend
99% of parents had a positive or somewhat positive reaction to the program.

85% of administrators surveyed used passive consent when obtaining parental consent to screen students.

90% of school staff did not think the program took too much time.

100% of school staff had a positive reaction to the program.

The majority of schools utilized the Brief Screen for Adolescent Depression to identify students who may be at risk.

On Average, 97% of those implementing the SOS program felt that it:

- Increased help-seeking for students themselves and on behalf of their friends
- Improved communication among students and between students and school personnel
- Brought students in need to their school's attention

Learn more about the Signs of Suicide Prevention Programs by visiting:

http://MentalHealthScreening.org

Email your questions to SMHInfo@MentalHealthScreening.org or give us a call at 781-239-0071