

**MindWise**  
SOS SIGNS OF SUICIDE

## **Parent Training**



# Prevalence of Youth Suicide

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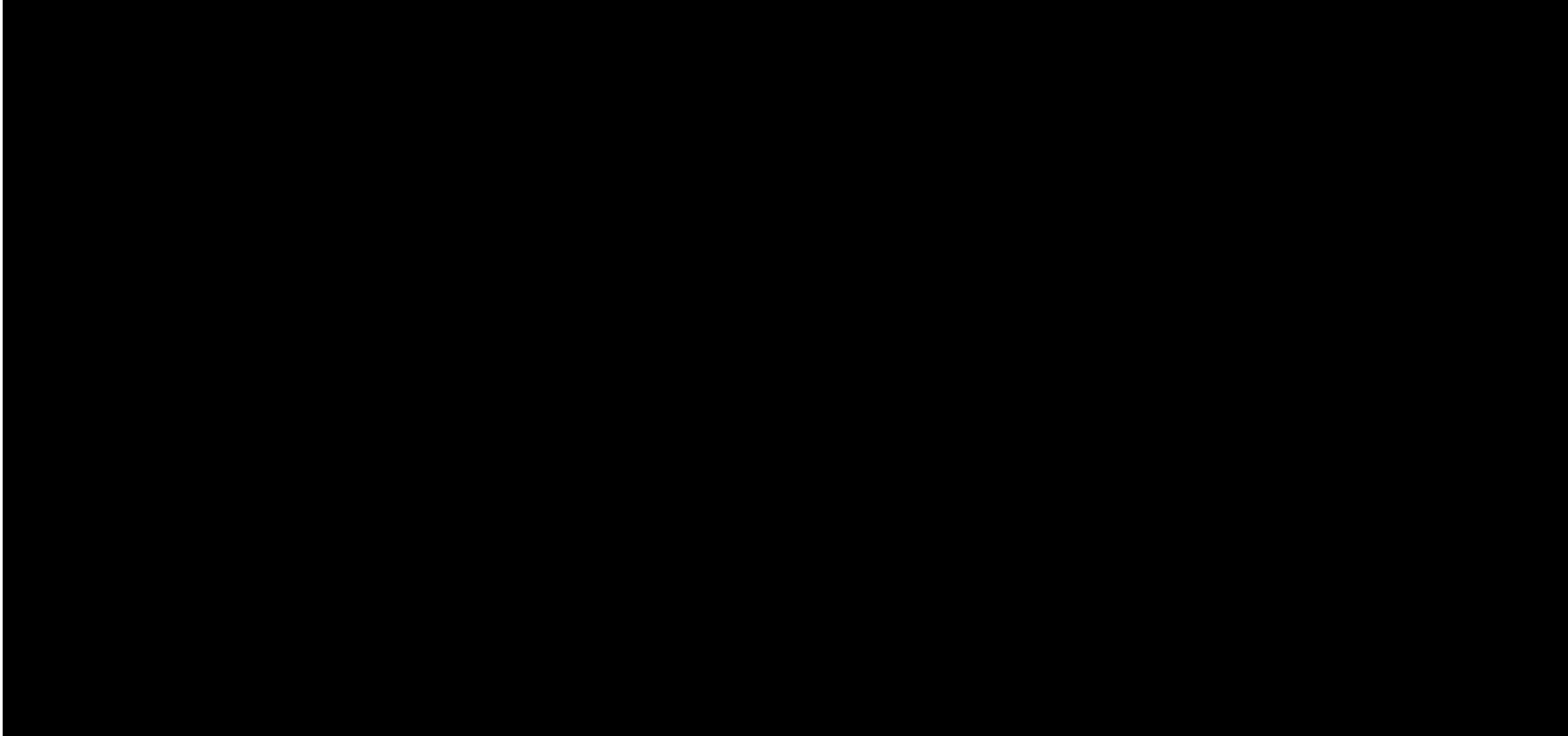
In the past year, U.S. students report:

- Seriously considered attempting suicide (17%)
- Making a plan about how they would attempt suicide (14%)
- Attempting suicide one or more times (7%) (CDC, 2017)



# About Youth Suicide and Depression

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# Our School's Role in Suicide Prevention

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- Our school/district has chosen an evidence-based approach to help prevent youth suicide: **SOS Signs of Suicide**
- SOS includes training and resources for faculty/staff
- Most importantly SOS focuses on training students to identify warning signs and seek help for themselves or a friend
- We are training all 7th & 9th graders in suicide prevention



# Why Provide Universal Suicide Prevention?

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- Overrides adults' assumptions about who may be most at risk so that no student flies under the radar
- Raises awareness and debunks myths about mental health throughout the school so that students feel comfortable reaching out
- Trains all students to recognize warning signs and seek help for friends so that peers can help each other



## Following SOS & CA Ed. Code Components :

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### **Suicide prevention education:**

School Counselors will provide lessons with age appropriate videos and guided discussions (7th & 10th grades)

**Staff & Parent Outreach:** all site staff and parents are provided with SOS training opportunities and will learn about skills to support students

**Student Request Slip:** after the lessons, students will be able to get immediate support if they request it to address emotions brought up from the video.

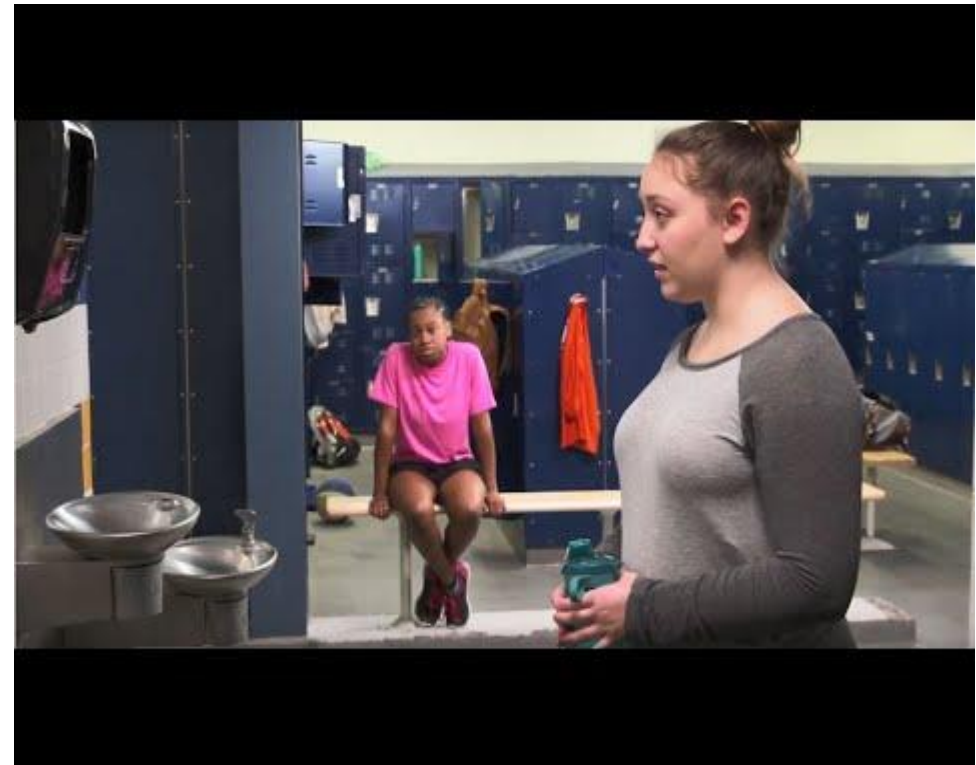


# Trailer: SOS Videos

## Middle School Trailer



## High School Trailer





# It Is Okay to Talk About Suicide

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## **MYTH:**

Talking to youth about suicide is risky because it might put the idea in their head.

## **FACT:**

- Suicidal thoughts and behavior come from a complicated mix of risk factors and cannot be suggested by a simple conversation or lesson in school.
- If a teen is struggling with suicidal thoughts, you won't increase those thoughts by encouraging them to talk. The opposite is true. Bringing up the subject of suicide and discussing it openly is one of the most helpful things you can do.





## Teaching Students to ACT

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**Acknowledge** that you are seeing signs of depression or suicide and that it is serious

**Care:** Let your friend know how much you **care** about them

**Tell** a trusted adult so your friend can get help





# Identifying Students in Need

Students are identified in 2- ways:

- Help-seeking: students ACT and tell a trusted adult
- Student response slip

*Based on the video and/or screening, I feel:*

I need to talk to someone about myself or a friend.

I do not need to talk to someone about myself or a friend.

Name (print) \_\_\_\_\_

Counselor or homeroom teacher \_\_\_\_\_

If you answered **yes**, you will be contacted within **[PLEASE FILL IN. EX. 24 HOURS, 48 HOURS, ETC].**

If you wish to speak with someone sooner, please approach staff immediately.



# Our School's Plan/Policy for Following Up With Students

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SUSD School Counselors are trained in ASIST to provide students with support, coping skills, and referrals

- Parents will be notified if there is a concern about suicide

If immediate support is needed for a potential crisis, the school counselor will contact the On-Call Mental Health Clinician.

Or if ongoing family or individual therapy is needed, School Counselors will refer to our district's Mental Health Clinicians

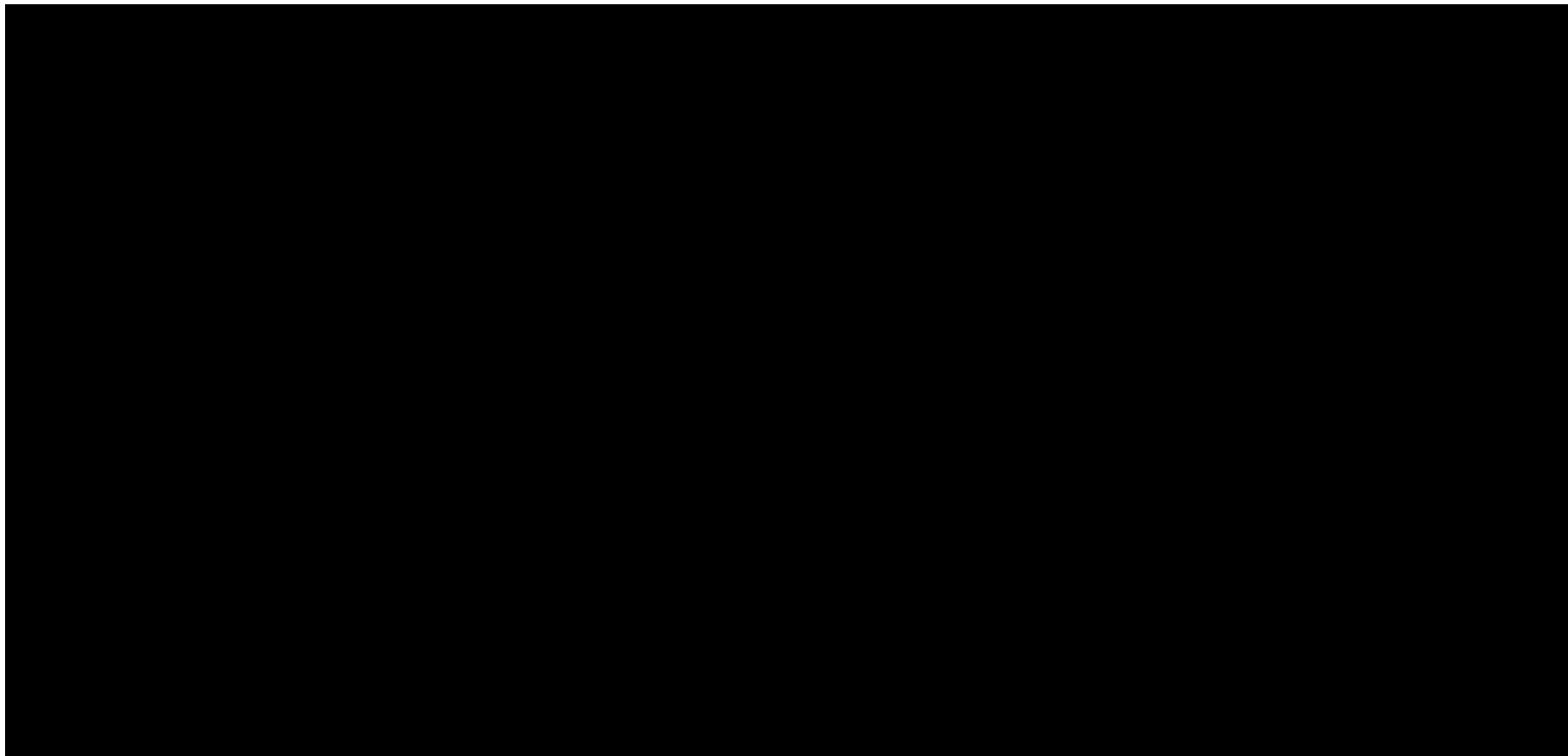
# Parents' Role in Suicide Prevention

RISK FACTORS,  
WARNING SIGNS, AND  
HOW TO GET HELP



# Video: Youth Depression from a Parent's Perspective

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## Raising Awareness

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Thoughts of suicide are often hidden because youth are confused, embarrassed or ashamed

- Research shows that many parents are unaware of their child's suicidal thoughts
  - In a 2019 survey of more than 5,000 teen-parent pairs, over 400 teens reported having thoughts of suicide
  - About half of those teens' parents reported that they didn't know their child had thoughts of suicide (Jones et al., 2019)



## Key Risk Factors

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- **Depression:** The majority of people who die by suicide have a mental health disorder (most commonly depression)
  - Depression is treatable but without treatment, a young person may begin to feel so hopeless that they consider suicide
- **Substance Use:** Many young people who struggle with depression also struggle with alcohol and/or drug use
- **Access to Guns:** Suicide crises are often short-term but having access to a gun makes it easier to carry out the act in an instant



# Warning Signs: Watch and Listen

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- Watch for significant changes in behavior, particularly:
  - Extreme withdrawal
  - Increased or decreased sleep
  - Anger or hostility that is out of character or out of context
  - Increased agitation or irritability
- Listen for:
  - Talk about suicide
  - Sounding hopeless
  - Sounding overwhelmed by emotional pain or distress





# Talking To Your Child

- We are encouraging students to tell a trusted adult at home or at school if they are worried about themselves or a friend
- Talking about these issues can be tough for families; mental health isn't often discussed openly like physical health

*You can help protect your child and their friends by opening up a conversation about mental health*

**SOS Parent Newsletter**

**MindWise**

**SOS Signs of Suicide teaches STUDENTS TO ACT**

SOS is an evidence-based suicide prevention program that educates students about the relationship between suicide and depression, and teaches them how to get help for themselves or a friend. SOS uses the ACT message to equip teens with knowledge and encourage help-seeking so students get the support they need before they reach a potential crisis.

**A** knowledge that you are seeing signs of depression or suicide in yourself or a friend.

**C**are: let your friend know you care about them.

**T**ell a trusted adult – take your friend with you or go alone if you need to.

**TALKING TO YOUR CHILD**


Talking about these issues can be tough for families. In our society, mental health isn't discussed openly like physical health; feelings of depression are often hidden because youth are confused, embarrassed, or ashamed, and this secrecy can have dire consequences. You can help protect your child and their friends by starting a conversation about mental health.

- Ask open-ended questions. Let your child steer the conversation to what they want to talk about.
- Don't rush to solve their problems. Instead, ask what they think would help a situation.
- Be available and make sure your child knows it. A simple "I'm around if you want to talk later" may help.
- Try talking in the car; the relaxed atmosphere makes it easier for some kids to open up.

**WARNING SIGNS OF SUICIDE**

A warning sign is an indication that someone might be having thoughts of suicide. Most people give clues or signals of their intentions. If you see/hear a warning sign, seek immediate help.

- Listen: "I wish I were dead" and "I won't be around to deal with this much longer" are warnings of serious suicidal thoughts.
- Watch for big changes, such as:
  - Significant differences in appearance or mood
  - Extreme withdrawal
  - Increase in risky behavior (including alcohol/drug use)
  - Decreased interest in things they once enjoyed



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**Why take a screening?**

Mental health screening is an educational tool that teaches students about the symptoms of depression and encourages them to seek help based on their self-assessment.

**MENTAL HEALTH SCREENINGS:**

- Are educational and do not provide a diagnosis.
- Teach students to identify symptoms consistent with depression and/or suicide risk.
- Help school staff to advise a complete professional evaluation.

**TRUE OR FALSE**

Asking someone about suicide will put the idea in their head.

**TRUE** **FALSE**

Some parents may be concerned about depression/suicide screening because of the common myth that asking someone about suicide will put the idea in their head. However, research has shown that evidence-based suicide prevention programming, including screening, is safe and effective. After years of research, there is no evidence that screening youth for suicide induces suicidal thinking or behavior (Lewin et al., 2007).

**Have you accessed the SOS PARENT PAGE?**

You can take a screening on behalf of your child, review portions of the SOS videos, or access other useful resources online.

[sossignsofsuicide.org/parent](https://sossignsofsuicide.org/parent)



**NATIONAL MENTAL HEALTH RESOURCES**

If you are concerned about your child, resources are always available.

**1-800-273-TALK (8255) National Suicide Prevention Lifeline:** Call for 24/7 free and confidential support for people in distress and for prevention/crisis resources for you or your loved ones.

**Crisis Text Line:** Text "ACT" to 747474 for free, 24/7 crisis support in the U.S.

Find quality treatment options close to home using **Substance Abuse and Mental Health Services Administration's (SAMHSA)** confidential and anonymous online treatment locator: <http://findtreatment.samhsa.gov>

**1-800-662-HELP (4377) SAMHSA's National Helpline:** Call for 24/7 free and confidential information for individuals and family members facing substance abuse and mental health issues.

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## National Resources



### **Call or Text 988**

National Suicide Prevention Lifeline: for 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

### **Text ACT to 741741**

Crisis Text Line for 24/7, free and crisis support.



## Access SOS Parent Page

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- Visit [sossignsofsuicide.org/parent](https://sossignsofsuicide.org/parent)
- View clips of the program videos to learn more about the program your child is receiving
- Take an anonymous mental health screening on behalf of your child and receive immediate results indicating whether it is likely that your child is experiencing depression



# SOS Parent Page

[sossignsofsuicide.org/parent](https://sossignsofsuicide.org/parent)

**Welcome!**

**SOS Signs of Suicide Prevention Program**

Our school uses Signs of Suicide (SOS) to teach suicide prevention to students. This portal is designed to provide parents with information about our suicide prevention efforts and helpful tools for supporting your child's mental health.

[LEARN MORE](#) [WATCH VIDEO](#)



BSAD Adolescent Depression

In the last four weeks, has it seemed like nothing was fun for your child and your child just wasn't interested in anything?

Yes

No



# Questions?

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## References: SOS Program Evaluations

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## References: Universal Screening and Parent Education

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