

MA Dept. of Public Health Offers Schools Access to SOS Signs of Suicide at No Cost

SOS Signs of Suicide is an evidence-based youth prevention program that has demonstrated an improvement in students' knowledge and adaptive attitudes about suicide risk and depression.

The SOS' middle and high school curriculum teaches students how to identify signs of depression and suicide in themselves and their peers, while providing materials that train school professionals, parents, and communities to recognize at-risk students and take appropriate action.

The recently enhanced program reflects feedback from facilitators and students, offers practical advice on coping skills, spotlights the role of social media, and includes stories of hope and recovery.

SOS Results

- **64%** reduction in self-reported suicide attempts
- **1.5 million** students educated each year by SOS
- **10,000** programs have been used by schools
- **97%** believed students learned to identify signs of depression and suicide
- **90%** saw an increase in students seeking help for themselves or a friend

Access your License Now

Contact SOS@mindwise.org to receive your program.

"SOS has been shown to reduce suicidal ideation in middle school students and suicide attempts in high school students.

If your administrators don't know where to begin, suggest SOS."

– American Association of Suicidology

ABOUT MINDWISE

- Founded in 1990
- Part of Riverside Community Care, a non-profit leader in behavioral health and human services
- Provides services in 18 countries

TRUSTED BY

- Department of Defense (DODEA)
- State of Nevada, Montana, Missouri and Massachusetts
- Nationwide Children's Hospital
- Baltimore County Public Schools
- +thousands more