



The SOS Signs of Suicide Program

Evidence-based youth suicide prevention
for middle and high school students.

“SOS Signs of Suicide 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 SOS



Evidence-Based

SOS is an evidence-based youth prevention program that has shown a reduction in suicide attempts by 64%.



For Middle & High School Students

Designed for grades 6-12, SOS teaches students how to identify signs of depression and suicide in themselves and their peers, while providing materials that support students, school professionals, and parents and caregivers in recognizing at-risk students and taking appropriate action.



Refresher Lessons for Each Grade

The program includes annual refresher content for each grade so schools can reinforce SOS lessons with students year after year.



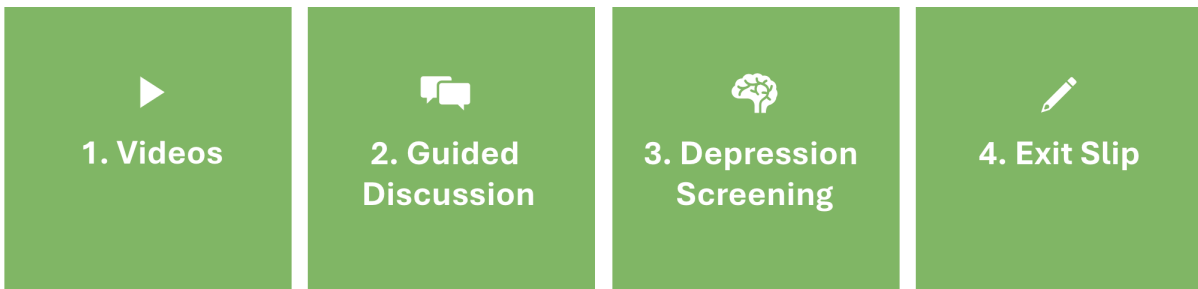
Deliver in a Single Class Period

SOS can be delivered to students in a single class period, with no training or certification required.

How it Works

SOS includes everything you need to deliver and support youth suicide prevention education in your school, including an online portal with a Quick Start Guide, lesson plans, and supporting resources.

Each SOS lesson is comprised of four main components that work together to teach warning signs for depression and suicide. They also demonstrate the value of seeking help and encourage students to identify and connect with a trusted adult. Lessons include:



[Watch a demo >](#)

Parents & Caregivers

Parents and caregivers are a critical part of any youth suicide prevention program. We strongly advise that schools or community partners provide parents and caregivers with information on the SOS curriculum prior to delivering the program.

Materials & Resources

SOS provides program information to share with parents and caregivers, including a parent presentation, letter, and handout.

Parent & Caregiver Web Page

The program also offers a dedicated web page that helps educate parents and caregivers about SOS, as well as how they can continue the conversation at home. [Learn more >](#)



Trusted By

School Districts

4,000+ schools including Clark County School District, Stockton Unified, the Archdiocese of Louisville, the Department of Defense Education Activity (DoDEA), and many more.

States

Massachusetts, Hawaii, Montana, Nevada, and Missouri.

Partners

Nationwide Children's Hospital, CHADS Coalition, Connor's Climb, Elyssa's Mission, Makayla Fund, The Matthew Silverman Foundation, and many more.



The Results

Since the program's inception, researchers have assessed the effectiveness of SOS Signs of Suicide by conducting several randomized controlled trials – an evaluation known as the “gold standard” of research studies.

These showed that SOS demonstrated an improvement in students' knowledge and adaptive attitudes about suicide risk and depression, in addition to a **64% reduction in suicide attempts.**

[Learn more >](#)



“I love that SOS fits into one classroom period. Something that’s so impactful and empowering in such a short time is really hard to find.

This is a program we know works, a program that’s going to educate your students... we’re talking to 100% of kids knowing that 80% are never going to have a mental health issue, but that those 80% can help the other 20%.”

**- Colleen Pace
CHADS Coalition**

Impact

“SOS Signs of Suicide provided us with an effective way to provide education about depression and identify students who may be struggling with thoughts of suicide.

The structure of the program make it easy for us to work as a team and be more effective with our time and intervention. The curriculum fits in with the health class mental health curriculum and provides the teacher with extra support to help students learn how to get support for themselves and others.”

- **Kimberly Harrington**

Office of the State Superintendent of Education, Washington DC

“We identified the SOS Signs of Suicide program as having the best evidence base behind it.”

- **Dr. John Ackerman**

Nationwide Children’s Hospital

“Out of all the money you can spend on curriculum and other things, this is a drop in the bucket when it comes to saving a life. This program truly helps save lives”

- **Dr. Christina Conolly**

Montgomery County Public Schools

All SOS Products

SOS Signs of Suicide

Evidence-based youth suicide prevention program that teaches middle and high school students how to identify warning signs of suicide and depression.

SOS for School Staff

A self-guided, one-hour online training for elementary, middle, and high school staff. This program easily accommodates professional development schedules and satisfies many state requirements for suicide prevention training programs.

[Learn more >](#)

SOS for Higher Ed

Two self-guided, 30-minute online trainings. The faculty & staff training is designed for the professors, advisors, administrators, coaches, residence life, and other staff who interact with college students daily. The student training is appropriate for all students across colleges, universities, and graduate programs.

[Learn more >](#)

SOS is powered by

MindWise Innovations

We provide evidence-based mental health and suicide education programs that help populations prevent and recover from suicide, traumatic events, and crises.

We teach students and school staff how to identify signs of depression and suicide. We help communities recover after traumatic events. And we help high-risk industries create safer, more prepared workplaces.

Headquartered in Dedham, Massachusetts, MindWise is a service of Riverside Community Care, a non-profit leader in behavioral health and human services.