

Newsletter Template

SOS for Higher Ed: Suicide Prevention for Students, Faculty, and Staff

According to the National Institute of Mental Health, mental health concerns often first appear between the ages of 18 and 25.

Knowing that, it's our goal to provide a wide range of suicide prevention and mental health resources at [School Name]. This year, we're proud to offer SOS for Higher Ed, an online suite of suicide prevention trainings that use video and interactive learning to teach students, faculty, and staff how to ACT (Acknowledge, Care, Tell) in their role in suicide prevention.

We Encourage Our Campus Community to Take 30 Minutes to Learn:

- How to recognize signs of suicide risk
- How to have caring conversations that encourage someone to seek help
- How to build community connections that foster positive mental well-being
- An overview of available student mental health resources, on and off-campus

How to Access the Course:

[If your audience is accessing the course through the MindWise platform, include the instructions below. If using your campus LMS, insert instructions accordingly.]

- Visit mindwise.digitalchalk.com and click "Create Account"
- Enter name, school email address, and chosen password, click "Create"
- Copy and paste or type redemption code [insert your redemption code] (no spaces before or after) and click "Next"
- View the dashboard and select the SOS for Higher Ed course that fits your role.