

Website Template

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

SOS for Higher Ed includes two 30-minute, self-guided online training courses for students, faculty, and staff. The trainings include video and interactive learning to teach everyone on campus how to ACT (Acknowledge, Care, Tell) in their role in suicide prevention.

SOS for Higher Ed uses real and diverse stories of mental health struggles and recovery along with modeled scenarios to provide all learners with actionable steps to help someone in need.

We encourage everyone in our 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

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 on campus

If you are struggling now, help is available. **[Insert campus resource.]** Call/text/chat [988](tel:988) or text 741741 for support 24/7.