



# CAÑON CITY SCHOOLS

SCHOOL DISTRICT FREMONT RE-1

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Dear Parent / Guardian,

During this school year, educators across the country are working on teaching students about mental health and how to seek help if they are worried about themselves or a friend. We are using a program called SOS - *Signs of Suicide*. The program teaches students about this challenging topic and encourages them to seek help when in need.

Thousands of schools have used SOS over the past few decades. Studies have shown that it effectively teaches students about depression and suicide while reducing self-reported suicide attempts.

Through the program, students learn:

- that depression is treatable and how to get help
- how to identify depression and potential suicide risk in themselves or a friend
- to ACT (Acknowledge, Care and Tell a trusted adult) if concerned about themselves or a friend
- who they can turn to at school for help if they need it

Students will watch age-appropriate video clips and participate in a guided discussion about depression, suicide, and what to do if they are concerned about a friend. Following the video, students will complete a response slip, asking whether they would like to talk to an adult about any concerns. School staff will conduct brief meetings with any student asking to talk.

Following the video, students will **have the option to complete** a brief depression screening tool. This is a **voluntary tool that** is a self-survey consisting of seven questions that allow students to check themselves for depression and suicide risk. The survey score will tell students whether they should check in with a school health professional for a follow-up discussion.

We encourage you to visit [www.sosignsofsuicide.org/parent](http://www.sosignsofsuicide.org/parent) for information on warning signs for youth suicide, useful resources, and some of the key messages students will learn.

Included please find links to:

- An infographic for you to reinforce the ACT message at home [ACT Message](#)
- An informational sheet with resources [Parent Resources](#)

If you have any questions or concerns about your child's participation in this program, please contact:

Sincerely,