

SOS Signs of Suicide® Middle School Program Listed as Best Practice by Suicide Prevention Experts

-- Honor Is Second for Screening for Mental Health --

Screening for Mental Health is proud to announce the release of the new *SOS Friends for Life* DVD to accompany the SOS High School program. The DVD features the true stories of three teenagers who all struggled with mental health issues. The video, which is the 2011 recipient of the Aster Award honoring excellence in medical marketing, also showcases vignettes that provide students with simple and specific instructions for how to recognize the signs of distress, in either themselves or a friend, and to respond effectively.

SOS Signs of Suicide® Prevention program is an award-winning, nationally recognized program designed for middle and high school-age students. The program teaches students how to identify the symptoms of depression and suicidality in themselves or their friends, and encourages help-seeking through the use of the ACT® technique (Acknowledge, Care, Tell).

The SOS High School program is the only school-based suicide prevention program listed on the Substance Abuse and Mental Health Services Administration's National Registry of Evidence-based Programs and Practices that addresses suicide risk and depression, while reducing suicide attempts. In a randomized control study, the SOS program showed a reduction in self-reported suicide attempts by 40% (BMC Public Health, July 2007).