

Signs Of Suicide

Virtual Workshop



Suicide prevention workshop for middle and high school students.

Signs of Suicide (SOS), developed by MindWise Innovations, is an evidence-based prevention curriculum designed for middle school and high school-aged youth. Through videos and guided discussions, students will learn about symptoms of depression, warning signs associated with thoughts of suicide, and how to seek help for themselves or support a peer in need through the ACT (Acknowledge, Care, Tell) method. This workshop will be provided to Orange County public, private and charter schools at no cost.

The goals of this 45-60 minute workshop are to:

- Educate students about the warning signs associated with depression and thoughts of suicide
- Reduce stigma related to mental health conditions
- Increase help-seeking behaviors among youth
- Encourage the use of coping skills to support mental health and wellbeing
- Increase awareness about and access to school and community-based mental health services

The workshop will be facilitated by Stephanie Loscko, Program Specialist, who holds a Master of Social Work (MSW) degree and Pupil Personnel Services Credential (PPSC), in partnership with school administration and/or counseling staff.

The Student Advocates for Mental Health Program contributes to a Multi-Tiered System of Support and Local Control and Accountability Plan priorities by engaging students, families and community members, building social-emotional skills, and fostering a strong and positive school culture.

Funded by: OC Health Care Agency (OCHCA), Behavioral Health Services, Prevention and Intervention, Mental Health Services Act/Prop. 63



StigmaFreeOC



FOR MORE INFORMATION OR TO SCHEDULE A WORKSHOP, PLEASE CONTACT
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