

Signs Of Suicide 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 can be conducted in-person or virtually and is available to Orange County public, private and charter schools at no cost.

The goals of this 50 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
STEPHANIE LOSCKO | 714-966-4319 SLOSCKO@OCDE.US