



## Sandy Hook Promise's *Know the Signs* Programs

Sandy Hook Promise's no-cost *Know the Signs* programs teach youth and adults how to identify, intervene and get help for individuals **before** they hurt themselves or others.

### *Signs of Suicide*



*Signs of Suicide* trains youth and adults on how to identify, intervene, and get help for people who may be depressed or suicidal. This program is delivered to youth, educators, and parents and relies on three easy-to-remember steps, denoted by the acronym ACT: 1) **Acknowledge** that you are seeing warning signs in a friend and that it is serious 2) Let your friend know how much you **Care** about him/her and that you are concerned s/he needs help 3) **Tell** a trusted adult that you are worried about your friend.

The program includes a mental health self-assessment that screens every student for depression and suicide. Research has shown that *Signs of Suicide* **reduces actual suicide attempts by 40%-64%** in randomized controlled studies.

### *SAVE Promise Clubs*



Sandy Hook Promise encourages the establishment and implementation of *SAVE (Students Against Violence Everywhere) Clubs*. *SAVE Promise Clubs* are student-led and committed to stopping violence before it happens.

## The Five Step Process



A certified Sandy Hook Promise presenter conducts a four hour Train the Trainer with school staff.



School staff watch a 90 minute pre-training video to familiarize themselves with the SOS program.



Trained school staff conduct the SOS training for middle and high school students and administer the student depression screening.



A school support team is available for students who are identified as potentially being at-risk for depression and/or harming themselves.



A *SAVE Promise Club* is established and the Club organizes events and activities that focus on stopping violence before it happens.



To learn more about *SOS*, go to: [sandyhookpromise.org/prevention\\_programs](https://sandyhookpromise.org/prevention_programs)