

Email Template

Dear Faculty and Staff,

It's our goal to provide our school community with a wide range of mental health resources, including suicide prevention training.

One way we'll be supporting that initiative this year is through a one-hour, self-guided online training called SOS for School Staff, where you'll learn:

- How to recognize warning signs and risk factors for suicide in children, teens, adults, and yourself.
- How to engage in appropriate, caring conversations with students and adult peers.
- Steps for how to keep a student or individual safe, while connecting them to qualified school staff.
- First-hand accounts from peers on how promoting a safe school environment can reduce suicide risk.
- Stories from teens and adults on how mental health impacted their schoolwork, attendance, and behaviors.

To access the course:

- Visit mindwise.digitalchalk.com and click "Create Account"
- Enter name, school email address, and chosen password, click "Create"
- Copy and paste or type redemption code **[insert your redemption code]** (no spaces before or after) and click "Next"
- View the dashboard and select the course

We encourage everyone to take an hour to learn these lifesaving skills. If you are struggling now, help is available. **[Insert school resource.]** Call/text/chat [988](https://www.988lifeline.org) or text 741741 for support 24/7.