

## Website Template

# SOS for School Staff: Responding to Suicide Risk

SOS for School Staff is a one-hour, self-guided online training course for K-12 faculty and staff. The trainings include video and interactive learning to teach staff how to help students at-risk through the ACT (Acknowledge, Care, Tell) framework, as well as how school personnel can support themselves and their co-workers.

**We encourage everyone in our school community to take one hour to learn:**

- How to recognize warning signs and risk factors for suicide in children, teens, adults, and ourselves.
- 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](https://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

If you are struggling now, help is available. **[Insert school resource.]** Call/text/chat [988](tel:988) or text 741741 for support 24/7.