

From the PHS Student Services Department

SOS Signs of Suicide
Booster Program

PHS administered the Illinois Youth Survey to 55% of sophomores and 67% of seniors this past Spring 2016. Here are the statistics gained from that survey about suicide and depression:

- 17% of sophomores and 16% of seniors said they seriously considered attempting suicide during the past 12 months
- 37% of sophomores and 32% of seniors said they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities

In an effort to prevent suicide among youth within our school, families and community, Palatine High School has implemented SOS Signs of Suicide: a school-based, suicide education and prevention program. The **SOS Signs of Suicide Program** educates students in high school on the necessary steps to take if they identify symptoms of depression, suicidality and self-injury in themselves and/or their peers. *Student Services visited all Freshman English classes on September 13th and 14th to present the SOS program.*

The **SOS Signs of Suicide Booster Program** serves as a "refresher course" for senior students, giving them a mental health check-up before they graduate, providing them with the knowledge they need to recognize symptoms of depression, and signs of suicide. Students will be introduced to college and community-based mental health services should they need them after graduation. Furthermore, this program graduates students on telling a trusted adult to seeking treatment for themselves or others from a mental health professional when identifying symptoms of depression, suicidality and self-injury in themselves and/or their peers. *Student Services will be visiting all Senior Social Studies classes on May 15th and 16th to present the SOS Booster Program.*

Through the **SOS Signs of Suicide Program** and the **SOS Signs of Suicide Booster Program**, students are taught that suicide is not a normal response to stress, but rather a preventable tragedy that often occurs as a result of untreated depression.

References: SOS Signs of Suicide: Booster Program Implementation Guide, Screening for Mental Health Inc, Illinois Youth Survey 2016

Yellow Ribbon

Yellow Ribbon is a community-based organization developed to address awareness, education and prevention of youth suicide. The program provides students with information on how to ask for help for themselves or friends. Teens who have attempted suicide tell that they were overwhelmed at the time of their crisis and that they did not know what to say or how to ask for help.

Palatine High School students were recently educated on ways to access an **"Ask 4 Help"** card and in what ways to use it. The cards are used as a "voice" for students when they cannot find the words to say "I need help". *The Ask 4 Help cards are located in central areas of PHS and all teachers have some as well.*



What to do if my student or a child gives me their card?

If you receive a card, it is a cry for help! First, you must stay with the person; you are their lifeline. It is important that you take them seriously and call for help immediately!

Important Dates

SAT for juniors 8:15-1:05	4/5
No School for freshmen & seniors	
PSAT10 for sophomores 8:15-1:05	4/5
ACT Test @ PHS	4/8
Summer School Registration Begins	4/12
Non- Attendance Day	4/14
Midterm	4/25

Future
Important Dates

- May 1st-May 12th
AP Testing
- May 13th
Prom
- May 15th-16th
Senior Exit Survey &
SOS Booster for
seniors
- May 17th-19th
AP Makeups
- May 19th
Early Dismissal
- May 21st
Graduation
- May 24th-26th
Final Exams
- May 26th
Last Day of School