

From the PHS Student Services Department

SOS Signs of Suicide Booster Program

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. The **ACT** acronym is used when students notice a friend or loved one exhibiting the symptoms listed above.

- Acknowledge** the person's feelings
- Care** for the person & show support
- Tell** a trusted adult

Student Services visited all Freshman English classes on September 20th and 21st 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 1st and 2nd 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.

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

IL Youth Survey for seniors	4/2
PSAT 8/9 for freshmen	4/3
Career Expo 4:30-6:30 PHS	4/4
PSAT 10 & IL Youth Survey for sophomores 8:15-1:05	4/10
SAT for juniors 8:15-1:05 No school for freshmen & seniors	4/10
Summer School Registration for current freshmen-juniors	4/11

Future Important Dates

- 4/13 Palatine's PROMISE Bandapalooza
- 4/14 ACT Test at PHS
- 4/16 Summer School Registration for incoming freshmen
- 4/17 Late Start
- 5/1 & 5/2 Senior Exit Survey & SOS Booster
- 5/4 Senior Picnic, 12-4pm, Gym & Field
- 5/7-5/11 & 5/14-5/18 AP Testing