

S.O.S

Acknowledge the problem

Care- let the person know you care

Tell a responsible adult

If you see signs of depression, suicide, or any other problem in someone you know, tell them in a caring way that **you recognize that they are having a problem**. You can show that you care by **actively listening**. This means putting aside anything else you are doing, making **eye contact**, sitting down, and asking questions. Once you listen to your friend, tell them that it's important that you speak with an adult, such as a parent, teacher, counselor, or someone else you trust, so that the person can get the help they need. You can figure out together who that person may be. Offer to go with your friend to tell the adult.

If you need help for yourself, **ACT** by telling an adult you trust how you feel so you can get help and feel better.

Who Can Help?



Mr. Childs
Principal



Mrs. Her
Vice Principal



Ms. Valdez
Guidance Advisor



Ms. Ortiz
Academic Counselor



Mr. Her
Academic Counselor



Mrs. Kelley
School Psychologist



Mr. Arambula
School Social Worker



Ms. Wright
School Nurse (LVN)



Ruben Lucio
Campus Safety Assistant



Sarah Thompson
Campus Safety Asst.



*If you or someone you know is thinking about suicide, the National Suicide Prevention Lifeline and Crisis Text line are important resources available 24/7. Call 1-800-273-TALK (8255) or text "Hello" to 741741 for free, confidential assistance. SOS Signs of Suicide® Prevention Program