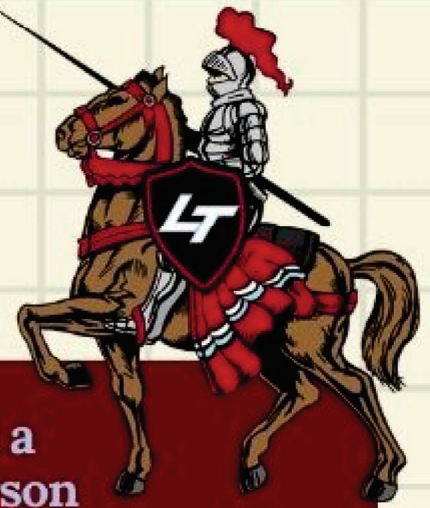


Staff Guide: Keeping Kids Safe — Suicide Prevention—



SOS and the ACT® Message

SOS (Signs of Suicide) is an evidence-based school program we utilize in grades 7, 9 & 12 that teaches students (and families) how to spot warning signs of depression and suicide, reduce stigma, and **ACT*** — **Acknowledge, Care, Tell** when someone may be at risk.

Tips & Facts

- Suicide is a leading cause of death among adolescents in the U.S.
- Protective factors matter. Strong connections with family, peers, & trusted adults significantly lower risk.
- **Do not** leave the student alone or tell them you can't help.
- **Do** stay with the student and get them to someone who can help.

Crisis Resources:

- CCR- Crisis Intervention Service:
 - Local, Free & Confidential
 - **Call: 844-707-3224**
 - **Text: 63288**
 - Website: <https://www.ccrinfo.org/>
- National Suicide Prevention Lifeline: **988**
- Safe2Say:
 - **1-844-SAF2SAY (723-2729)**

Signs that a young person may be at risk

- Talking or writing about wanting to die or to kill themselves
- Withdrawing from friends, family, activities; feeling hopeless, worthless, or trapped
- Sudden changes in mood, sleep, appetite, or grades; increased risk-taking or substance use
- Giving away prized possessions, saying goodbye, or making a plan
- Increased irritability, anger, or agitation
- Loss of motivation or enthusiasm
- Changes in weight or hygiene

If you notice several signs together or a sudden change, take action.

Walk-in Crisis Services:

- **Williamsport (24/7)**
 - 800 W Fourth St., Suite 104.
Williamsport, PA 17701
- **Lock Haven (M-F 8:00-4:00)**
 - 8 North Grove St.
Lock Haven, PA 17745

SOS for School Staff Handout

As school staff, our top priority is always the health and safety of the children we serve. Trusted adults at school are uniquely positioned to notice warning signs and reach out to students in need.

Teachers and staff can serve as a lifeline for students struggling with depression, anxiety, and suicidal thoughts. As you connect with your students, remember: **ACT**.

How to **ACT**

Acknowledge: signs of depression or suicide in a student.

Care: reach out to the student with a listening ear.

Tell: school mental health staff, administrators, and/or local authorities immediately.

Frequently Asked Questions

When should I start to be concerned about a student?

Look for big changes or warning signs. Reach out to any student who:

- shows significant changes in mood or behavior
- sounds overwhelmed or hopeless
- seems disconnected from school
- writes/talks about death or suicide

What if I say the wrong thing and make it worse?

Talking to a student about suicide will not make things worse, it's the best thing you can do. Listen and reassure them help is available.

"Tell me more about it."

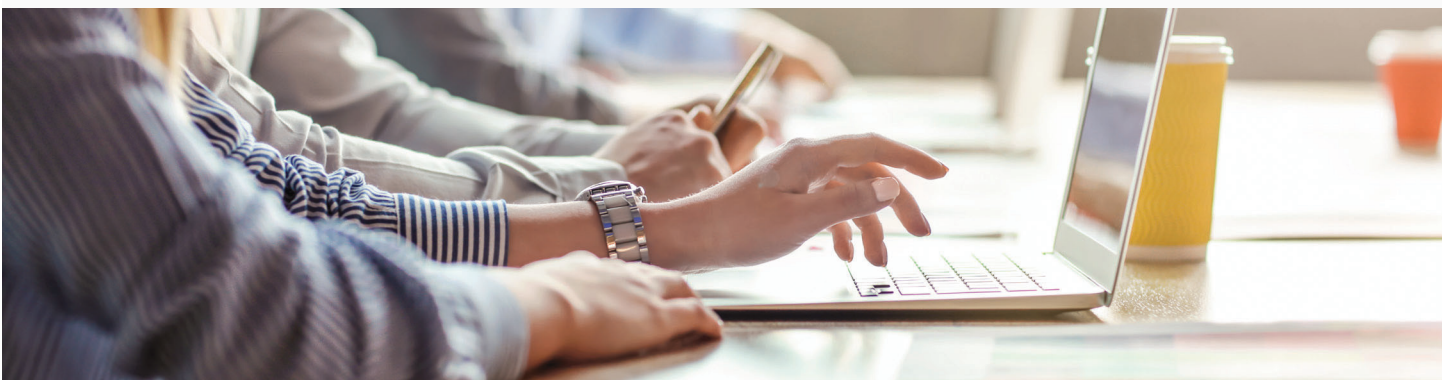
"It's ok to feel this way."

"I'm here for you."

How do I find help for my student?

Never try to handle the situation alone. Your role is to get your student connected to your school's mental health staff or trained administrator.

"There are people at our school who know how to help. Let's walk down to the office and we can talk to them together."



Help is always available.

If you are concerned for yourself or someone else, call or text the **Suicide & Crisis Lifeline at 988** or text the **Crisis Text Line at 741741** for free, 24/7 crisis support.

LOCAL MENTAL HEALTH & CRISIS RESOURCES

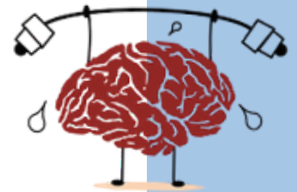
LOYALSOCK TOWNSHIP SCHOOL DISTRICT

FOR ASSISTANCE WITH REFERRALS OR FOR MORE INFORMATION,
PLEASE CONTACT YOUR STUDENT'S SCHOOL COUNSELOR
OR AN OUTREACH WORKER

1

Outpatient Mental & Behavioral Health Counseling & Therapy

- Community Service Group: (570) 323-6944
- Cornerstone Family Health: (570) 326-4118
- Crossroads Counseling: (570) 323-7535
- Diakon Behavioral Health Services: (570) 322-7873
- Gillum Psychological & Counseling Services: (570) 321-6390
- Stocki & Neil Counseling Associates: (570) 322-5051
- Lycoming-Clinton Behavioral Health Choices: (570) 326-7895
- Central Keystone Counseling: (570) 601-4788



2

Drug & Alcohol Counseling

- Crossroads School-Based D&A Counseling
- West Branch Drug and Alcohol Abuse Commission: Assessments & Referrals
 - (570) 323-8543



3

School-Based Counseling & Therapy

- Diakon Behavioral Health Services:
 - *Referral must come from an Outreach Worker:*
 - Tim Smith: (570) 419-7304
 - Annie Fessler: (570) 560-3641
- LTSD Trauma Counseling:
 - *Referral must be made by School Counselors or Outreach Workers*



4

Crisis Resources

- National Crisis Line: 988
- Local Crisis Intervention:
 - Call: (844) 707-3224
 - Text: 63288
 - Chat: ccrinfo.org
- Safe2Say:
 - <https://www.safe2saypa.org/>
 - Call: (844) SAF2SAY

