

Why take a screening?

Mental health screening is an educational tool that teaches students about the symptoms of depression and encourages them to seek help based on their self-assessment.

MENTAL HEALTH SCREENINGS:

- Are educational and do not provide a diagnosis.
- Teach students to identify symptoms consistent with depression and/or suicide risk.
- Help school staff to advise a complete professional evaluation.



Some parents may be concerned about depression/suicide screening because of this common myth, Rest assured that evidence-based suicide prevention programming, including screening, is safe and effective. After years of research, there is no evidence that screening youth for suicide induces suicidal thinking or behavior (Gould et al. 2007).

Have you accessed the SOS PARENT PAGE?
You can take a screening on behalf of your child,
review portions of the SOS videos,
or access other useful resources online.

NATIONAL MENTAL HEALTH RESOURCES

If you are concerned about your child, resources are always available

1-800-237-TALK (8255) National Suicide Prevention Lifeline: Call for 24/7 free and confidential support for people in distress and for prevention/crisis resources for you or your loved ones.

Crisis Text Line: Text 'ACT' to 741741 for free, 24/7 crisis support in the U.S.

Find quality treatment options close to home using Substance Abuse and Mental Health Service Administration's (SAMHSA) confidential and anonymous online treatment locator:
<http://findtreatment.samhsa.gov>

1-800-662-HELP (4357) SAMHSA's National Helpline: Call for 24/7 free and confidential information for individuals and family members facing substance abuse and mental health issues.

MindWise