

# EDUCATION

## SafeTALK Messaging

This 4 hour training is designed for first responders learning to safely communicate with those considered high risk for suicide. The SafeTALK Messaging training may compliment the Yellow Ribbon Gatekeeper Training.

\*Available to those age 15+

**SUICIDE** is the **2<sup>nd</sup>**  
**LEADING CAUSE of DEATH**  
for **young people** ages 15-24

## Screening<sup>+</sup> REFERRALS

Staff are on local school campuses taking referrals for any student demonstrating concerns. Concerns may include truancy, depression, anxiety, poor academic performance or any issue related to their well-being. Staff will evaluate using the Patient Health Questionnaire and refer students to the appropriate mental health services (individual or group services).



**START THE CONVERSATION.  
Save a LIFE!**

**209.644.5377**

**It's OK to Ask 4 Help!**



**Child Abuse Prevention Council**  
OF SAN JOAQUIN COUNTY

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[www.nochildabuse.org](http://www.nochildabuse.org)

**SUICIDE**  
**AWARENESS**  
*Education*  
**+ Prevention**

**AWARENESS  
& EDUCATION**

**SCREENING  
& REFERRALS**

**SUPPORT GROUPS**



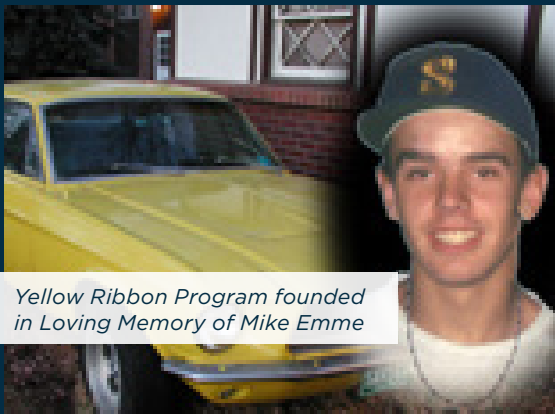
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# AWARENESS

## Yellow Ribbon Campaign

The Yellow Ribbon campaign is a nationally recognized campaign designed to bring awareness of suicide and suicide prevention strategies. This training can be completed in 90 minutes and will equip first responders with information about signs/risk factors related to suicide and suicide ideation in young people and adults.

Students and staff will learn how to stabilize crisis situations and refer those in need to the appropriate helpers to ensure their safety.



*Yellow Ribbon Program founded in Loving Memory of Mike Emme*

# SUPPORT GROUPS

Staff on campuses are able to provide the following groups for youth who may:

- Have issues with truancy
- Have low academic performance
- Have a history of suspensions/ disciplinary issues
- Be struggling socially
- Show any signs of depression/ anxiety/suicidal ideation

## CAST Coping And Skills Training

CAST delivers life-skills training and social support in a small-group format (6-8 students per group). The program consists of twelve 55-minute group sessions administered over 6 weeks. CAST's skills training sessions target three overall goals: increased mood management (depression and anger), improved school performance, and decreased drug involvement. Sessions focus on group support, goal setting and monitoring, self-esteem, decision making skills, better management of anger and depression, "school smarts," control of drug use with relapse prevention, and self-recognition of progress through the program. Every session ends with "Lifework" assignments that call for the youth to practice the session's skills with a specific person in their school, home, or peer-group environment.

National Crisis Line  
1.800.273.TALK (8255)

## BFD Break Free from Depression

Break Free from Depression is a school-based curriculum designed to increase adolescents' awareness and knowledge about depression, enhance their ability to recognize signs and symptoms in themselves and their friends. This 4-session curriculum for high school students combines didactic and interactive activities. The cornerstone of the curriculum is a documentary that focuses on a diverse group of real adolescents (not actors) talking about their struggles with depression and suicide in their own words. They discuss stigmas often associated with depression, symptoms and the course of their illness. Students will learn to recognize and manage their depression. Each session lasts 45 to 60 minutes.

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