



**Waccamaw High School**  
2412 Kings River Road  
Pawleys Island, South Carolina 29585  
Phone: 843-237-9899 Fax: 843-237-9883

Dear Parent / Guardian,

Since the start of the COVID-19 pandemic, school staff have been working to teach students about mental health and how to seek help if they are worried about themselves or a friend. We are using a program called *SOS Signs of Suicide*. The program teaches students about this difficult topic and encourages them to seek help. This is a multi-year program that we began introducing gradually to the student body last school year and plan to continue this school year. Due to implementation guidelines, only a portion of students will receive the SOS training this school year. This school year, mostly ninth and tenth grade classes will receive the program, though some eleventh and twelfth grade students may also get the chance to participate.

SOS has been used by thousands of schools over the past few decades. Studies have shown that it effectively teaches students about depression and suicide while reducing the number of students' self-reported suicide attempts.

Through the program, students learn:

- that depression is treatable, so they are encouraged to seek help
- how to identify depression and potential suicide risk in themselves or a friend
- to ACT (Acknowledge, Care and Tell a trusted adult) if concerned about themselves or a friend
- who they can turn to at school for help, if they need it

Students will watch age-appropriate video clips and participate in a guided discussion about depression, suicide, and what to do if they are concerned about a friend. Following the video, students will complete a response slip which asks whether they would like to talk to an adult about any concerns. School staff will conduct brief meetings with any student asking to talk. Students will also complete a brief depression screening tool. This tool cannot provide a diagnosis of depression but does indicate whether a young person should be referred for evaluation by a mental health professional. You will be contacted by the school if your child's screening indicates they may need additional support or evaluation.

We encourage you to visit [www.sosignsofsuicide.org/parent](http://www.sosignsofsuicide.org/parent) for information on warning signs for youth suicide, useful resources, and some of the key messages students will learn.

We are including:

- An infographic for you to reinforce the ACT message at home
- A parent information sheet
- A list of local and national resources

We also encourage you to attend our Virtual SOS Parent Training Session at 5:00 p.m. to 6:00 p.m. on Wednesday November 17<sup>th</sup>, 2021 via Zoom. A recording of the video will be shared for parents who cannot attend live.

Join Zoom Meeting

<https://us02web.zoom.us/j/81360684425?pwd=MmtZUjJDL3g3aHRzaWtEek5oRytQQT09>

Meeting ID: 813 6068 4425

Passcode: du9Azb

If you have any questions or concerns about your child's participation in this program please contact our school psychologist (Emma Wheeler- [emwheeler@gcsd.k12.sc.us](mailto:emwheeler@gcsd.k12.sc.us)) at 843-237-9899.

Sincerely,

Adam George, Principal