

Depression Awareness and Suicide Prevention Program

This program will be presented to the 9th grade Health classes beginning in November

The teen years are often a roller-coaster ride of emotions, with this time being especially susceptible to wide variations in mood. It is easy to misread depression as normal adolescent turmoil; depression appears to be occurring at a much earlier age, and the past decade has seen suicide rates double. Suicide is the third leading cause of death for teenagers, and there are often warning signs that are overlooked to prevent these tragedies.

To increase awareness of the signs of depression and suicide risk, SRVUSD's high schools will be implementing the Depression Awareness Suicide Prevention program to ninth graders enrolled in health classes. The program educates students by helping teens understand the connection between untreated mental illness and suicide and by teaching students how to deal with these signs as a mental health emergency. This program uses video clips to present situations and to generate discussion about identifying and responding to signs of depression and suicide. The program will be facilitated by school counselors.