



Comparison of Suicide Prevention Programs

SOS Signs of Suicide for Middle and High School Students is a youth suicide prevention program that has reduced suicide attempts by 64%. Here's how it compares with Erika's Lighthouse and LivingWorks.

	SOS Signs of Suicide	Erika's Lighthouse	LivingWorks
About	SOS for Students includes video, discussion, and a depression screening activity that teaches students how to recognize signs of depression and suicide risk – and how to seek help if they're worried about themselves or a friend.	Erika's Lighthouse Level II and III Classroom Programs include video and lessons that teach students about mental health, depression, and suicide – with a focus on help-seeking and good mental health.	LivingWorks Start is a 90 minute, online training that helps learners develop foundational skills to recognize when someone may be thinking of suicide and connect them to further help.
Audience	6–12 Grade Students	5–12 Grade Students	Most appropriate for school support staff, volunteers, parents and senior students.
Evidence-Based	✓	Evidence-informed	✓
Cost	\$500 per school building, per year	Free	\$39.95 per enrollment, license valid for 60 days

	SOS Signs of Suicide	Erika's Lighthouse	LivingWorks Start
Delivery Time	Deliver in a single class period	Deliver in 1, 3, or 4 day lessons	90 minute training
Training Requirements	None required	None required	None required
Annual Refresher Lessons for Each Grade	✓	No	No
Resources for Parents & Caregivers	✓	✓	Appropriate for Parents
Companion Training for Staff	✓	✓	Appropriate for Staff