



# SOS for Higher Ed Suicide Prevention for Your Campus

# About SOS for Higher Ed

SOS for Higher Ed is suite of suicide prevention training grounded in the ACT<sup>®</sup> (Acknowledge, Care, Tell) framework.

The **student** training includes real stories of student mental health struggles and recovery, while the **faculty and staff** version highlights adults sharing stories of helping students.

## The Basics

- 30-minute, self-guided online training courses
- Program includes best practices, promotional resources, and optional Group Facilitation Guides
- No backend administration required
- Automatic reports track course completion
- \$5,000 per training, per campus (\$7,500 for both)



# Suicide Prevention for Your Campus

Mental health professionals have the **most training** in identifying and intervening with students at risk for suicide.

All other staff and faculty are the **most likely** to interact with students who aren't already identified as needing support.



## 18 and 25

The ages that mental health concerns often first appear.

College is a time of transition where young adults are navigating new social settings.

They can often experience challenges such as feeling stressed, overwhelmed, anxious, or homesick.



# For Students

SOS for Higher Ed Students is a 30-minute, self-guided online training that uses video and interactive learning to teach college students how to ACT (Acknowledge, Care, Tell) if they're worried about themselves or a friend.

This course uses real and diverse stories of mental health struggles and recovery to provide students with resources and actionable steps to:

- **Recognize signs of suicide risk**
- **Encourage someone to seek help**
- **Build strong peer connections**
- **Foster positive mental well-being**



# For Faculty & Staff

SOS for Higher Ed Faculty & Staff is a 30-minute, self-guided online training designed to prepare university faculty and staff to respond to signs of distress in students.

Using the ACT (Acknowledge, Care, Tell) framework, the course shares campus staff who have real experience supporting students at risk for suicide. It also offers hands-on scenarios to practice how to:

- **Recognize signs of suicide in a student**
- **Engage in conversations with students in need**
- **Keep a student safe / connect them to resources**
- **Help students build connections on campus**
- **Feel prepared and confident to support students**



# Reporting Sample

No backend administration is required to monitor course usage. We automatically send weekly reports of who is using the SOS for Higher Ed course(s).

Student First Name	Student Last Name	Course Title	Student Email	Registration Date	Begin Date	Completion Date	Last Active Date	Status	Completion Percentage
Jennifer	Harris	SOS for Higher Ed Students	jharris@campus.org	6/17/2024	6/17/2024	6/17/2024	6/17/2024	Passed	100%
Breelynn	Smith	SOS for Higher Ed Students	bsmith@campus.org	4/14/2024	4/14/2024	5/1/2024	5/1/2024	Passed	100%
David	Vedder	SOS for Higher Ed Faculty & Staff	dvedder@campus.org	12/23/2023	4/17/2024		4/18/2024	In Progress	0%
Nick	Jones	SOS for Higher Ed Faculty & Staff	njones@campus.org	4/20/2024	4/22/2024	8/25/2024	8/25/2024	In Progress	100%
Erin	Bridges	SOS for Higher Ed Students	ebridges@campus.org	5/1/2024	5/12/2024	5/15/2024	5/15/2024	Passed	100%
Clark	Kent	SOS for Higher Ed Faculty & Staff	ckent@campus.org	5/18/2024	5/20/2024	8/20/2024	8/20/2024	Passed	100%
Sarah	Rogers	SOS for Higher Ed Faculty & Staff	srogers@campus.org	5/1/2024	5/12/2024		5/15/2024	In Progress	0%

# Digital Resources

Included with SOS for Higher Ed is an [online resource library](#) with training information and recommendations for how to engage students, faculty, and staff.



**Access information** and instructions are provided for sharing with your students, faculty, and/or staff.



**Optional Group Facilitation Guides** are available for those who want to train in an in-person group or classroom setting.



**Best Practices Guide** provides ideas for how to implement, incentivize, and/or mandate the trainings on your campus.



**Available templates** include messaging for your campus website, emails, newsletters, social media, etc.

**Questions?**  
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