

During this challenging year, school staff are working to teach students about mental health and how to seek help if they are worried about themselves or a friend. Waccamaw High is excited to be the first school in GCSD to pilot the SOS *Signs of Suicide* program. The program teaches students about this difficult topic and encourages them to seek help. This a multi-year program that we will be introducing gradually to the student body, beginning this month, and continuing into next school year. 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.

If you were not able to attend our live Zoom Parent Training, we encourage you to watch “Helping Your Child Save a Life: Parent SOS Training” to learn about suicide prevention basics and our plan to implement SOS *Signs of Suicide* at WHS. The link to this training is below.

<https://www.youtube.com/watch?v=p15G3cSumrE>

We also encourage you to visit www.sossignsof suicide.org/parent for information on warning signs for youth suicide, useful resources, and some of the key messages students will learn.

Thanks,
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