

# Resources



**Yellow Ribbon Suicide Prevention Program:** Initiated by youth worldwide, the Yellow Ribbon Prevention Program has one goal in mind: Prevention. The purpose of this program is to help people know that it is okay to ask for help. Not only does this program empower the youth and adults to ask for help, but it also provides training as to how to respond to someone who may ask you for help. It teaches counselors, parents, peers, etc., what to do and how to help when a friend or child or student asks for their help.

<http://www.yellowribbonsd.org/>

**Signs of Suicide (SOS) Program:** The focus of the SOS Program is depression awareness and suicide prevention. Its objectives are to teach youth that depression is a treatable illness and that they can overcome it. The program also equips them to deal with a potential suicide in their family or in a friend. The program teaches youth and adults how to ACT (Acknowledge, Care, and Tell). SOS Program provides learning materials for youth, parents, and teachers.

<http://www.mentalhealthscreening.org/schools/index.aspx>

**Depression: On the Edge:** Depression: On the Edge is a video co-hosted by Third Eye Blind and broadcast by PBS. The video talks about teen angst—the “blues” to clinical depression to suicide—and tells you how and where you can get help. *On the Edge* stresses that early identification and treatment are the best weapons in the fight against teen depression and suicide. If you would like to read more about the video, or even order it, please visit this website:

[http://www.pbs.org/inthemix/shows/show\\_depression.html](http://www.pbs.org/inthemix/shows/show_depression.html)

**Depression Community:** Healthyplace.com, Depression Community is a place to find anything from depression information (i.e. symptoms, treatments, etc.) to books you can read, videos you can watch, and journal entries you can read written by real people who suffer from the same thing you do. You can even sign up for their mailing list to receive more information and support. Depression Community is a place where you can truly tell you're not alone.

<http://www.healthyplace.com/communities/depression/index.asp>