**Rankin School District #98**

 **Suicide and Depression Awareness and Prevention Program**

 **9-10-24**

* Availability of onsite resources
	+ Social Worker available 5 days a week
	+ Social Worker participating and accessible in the daily lunch time for junior high students
	+ Nurse available 5 days a week
* Promote, sustain, and cultivate a positive, safe environment for all
	+ Rankin Families/Family Days - Leadership curriculum for JH students and Mindful Mazing/Social-Emotional-Learning Curriculum for K-5
	+ Leadership lessons
	+ Bullying prevention lessons
* Yearly Expectations Stations
	+ Role of Social Worker
	+ Ways to contact Social Worker
	+ Resources for support outside of school hours (mental health support/safe2help)
	+ Your Words are Important (teaching students that their words impact others and stressing the importance of thinking before speaking)
	+ Keys to academic success at Rankin (tips/executive functioning/organization strategies)
* Staff Education
	+ Social Worker and Nurse leading professional development for Staff
		- Warning signs of suicide and depression and reporting and follow up
* Student Education
	+ Mental Health Awareness assemblies, activities, and talks during Mental Health Awareness Month
	+ Nurse and Social Worker instructing in JH classes
		- Discussing suicide/mental health awareness, signs/symptoms, what to do if one is experiencing signs/symptoms or if a friend is experiencing signs and symptoms, where to go for support, how to reach out for support, self-care strategies, etc.