

SOS Signs of Suicide

Student Screening Form

Brief Screen for Adolescent Depression*

Please answer the following questions as honestly as possible by circling the "Yes" or "No" response.

In the last four weeks...

- | | | |
|--|-----|----|
| 1. Have you felt like nothing is fun for you and you just aren't interested in anything? | Yes | No |
| 2. Have you had less energy than you usually do? | Yes | No |
| 3. Have you felt you couldn't do anything well or that you weren't as good-looking or as smart as most other people? | Yes | No |
| 4. Have you thought seriously about killing yourself? | Yes | No |
| 5. Have you EVER, in your WHOLE LIFE, tried to kill yourself or made a suicide attempt? | Yes | No |
| 6. Has doing even little things made you feel really tired? | Yes | No |
| 7. Has it seemed like you couldn't think as clearly or as fast as usual? | Yes | No |

Are you currently being treated for depression? Yes No

Identifying Trusted Adults

List a trusted adult you could turn to if you need help for yourself or a friend (example: "My English teacher," "counselor," "my mother," "uncle," etc.)

In school _____

Out of school _____

This instrument is designed for screening purposes only and is not to be used as a diagnostic tool.

*Columbia DISC Development Group, 1051 Riverside Drive, New York, NY 10032 Copyright 2001 Christopher P. Lucas Do not reproduce without permission.

SOS Signs of Suicide – Your Score and What It Means

The Brief Screen for Adolescent Depression is a self-survey so you can check yourself for depression and suicide risk. Your survey score will tell you whether you should see a school health professional (psychologist, nurse, counselor or social worker) for a follow-up discussion.

To find out your score, add up the number of “Yes” answers to questions 1-7. Use the table below to find out what your score means and what you should do.

SCORE	MEANING
0-2	<p>It is unlikely that you have depression.</p> <p>However, if you often have feelings of sadness you should talk to a trusted adult (parents/guardians/school staff person) to try to figure out what you should do.</p> <p>Even though your score says it’s unlikely that you are depressed, you might still want to talk to a healthcare professional if your feelings of sadness do not go away.</p>
3	<p>It is possible that you have depression.</p> <p>You should talk with a healthcare professional. Tell a trusted adult (parent/guardian/school staff person) your concerns and ask if they could help you connect with a mental health professional.</p> <p>If it makes you feel more comfortable, bring a friend with you. Tell the adult that you may be clinically depressed and that you might need to see a mental health professional.</p>
4-7	<p>It is likely that you have depression.</p> <p>You probably have some significant symptoms of depression and you should talk to a mental health professional about these feelings. Tell a trusted adult (parent/guardian/school staff person) about your feelings and ask if they could help you see a mental health professional.</p>

<p>Questions 4 and 5</p>	<p>These two questions are about suicidal thoughts and behaviors. If you answered “Yes” to either question 4 or 5, you should see a mental health professional immediately - regardless of your total score.</p>
---------------------------------	---

Identifying Trusted Adults

<p>Concerned about yourself or a friend?</p>	<p>It’s important to know who you can turn to if you need to talk. If you had trouble identifying a trusted adult, ask to speak with the person implementing the SOS program. Let someone know you need help building this important connection. If you are worried about your friend but your friend refuses to speak to someone, ask your trusted adult to help get your friend the assistance he or she needs.</p>
---	---

Bottom line: Take these screening results seriously and get help. You deserve to feel better, and help is available. **If you are worried about yourself or someone else, call or text the Suicide & Crisis Lifeline at 988 or text the Crisis Text Line at 741741 for free 24/7 support.**