SOS Signs of Suicide® Prevention Program - Your BSAD Score and What It Means

The BSAD (Brief Screen for Adolescent Depression) is a self-survey so you can check yourself for depression and suicide risk. Your BSAD 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 BSAD 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	It is ***unlikely*** that you have depression. 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. Even though your score says that you are not depressed you might still want to talk to a healthcare professional if your feelings of sadness do not go away.
3	It is ***possible*** that you have depression. 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. 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.
4-7	It is ***likely*** that you have depression. 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.

Questions 4 and 5	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 BSAD score.***

Identifying Trusted Adults	
Concerned about yourself or a friend?	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.

Bottom line: Take these screening results seriously and get help. You or your friend deserves to feel better, and help and support are available to you. **If you are worried about yourself or someone else, call the National Suicide Prevention Lifeline, at 1-800-273-TALK (8255).**

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