



More Than Sad: Suicide Prevention Education for Teachers and Other School Personnel

Date: 2010 (For resources, this is the publication date. For programs, this is the date posted.)

Information

Type: Program/Practice, Education/Training Program

Organization: American Foundation for Suicide Prevention

Costs:

The DVDs used in this program can be purchased as a two-DVD set from [the AFSP store](#) [1] for \$59.95. Visit the [More Than Sad](#) [2] page to download the Facilitator Guide and other materials.

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Developed by the American Foundation for Suicide Prevention, *More Than Sad: Suicide Prevention Education for Teachers and Other School Personnel* is designed to help educators better understand suicidal behavior in adolescents, including its causes, treatment and prevention. The program is built around two 25-minute DVDs: *More Than Sad: Preventing Teen Suicide* and *More Than Sad: Teen Depression*. (In the current program, *Teen Depression* is used to show adults how a potentially life-threatening mental disorder can present in teens.) The facilitator materials are downloadable from the [AFSP website](#) [2] and include a Facilitator's Guide, slides for teacher trainers, instructional manual for program participants, and other resources. An expert advisory panel guided the development of the program. The materials were updated in 2015. The program is also suitable for parents and other adults who care for or work with youth.

The program answers the following questions:

- How big a problem is youth suicide?
- How can teachers help prevent youth suicide?
- What puts teens at risk for suicide?
- What treatments are available?
- How can teachers identify at-risk students?
- How else can schools decrease risk?



Program Objectives

After completing the program, participants will have

1. Increased awareness of the problem of teen suicide and how it can be effectively treated and prevented.
2. Increased understanding of mental disorders and other risk factors for teen suicide, so that they are better prepared to identify and refer students who may be at risk.
3. Increased knowledge of their school's resources, policies, and protocols for identifying and assisting youth at risk of suicide.

Implementation Essentials

- Program presenters should first carefully prepare by reviewing the Facilitator's Guide and other program materials and follow the outlined recommendations for delivering the program.
- Educators who participate in the More Than Sad educational program should be made aware of their school's crisis management plan, policies on bullying and harassment, and procedures for referring students for mental health evaluation.

2012 NSSP Objectives Addressed:

Objective 7.1: Provide training on suicide prevention to community groups that have a role in the prevention of suicide and related behaviors.

Links within this resource

[1] <https://store.afsp.org/afsp/product/C167A81B-8FBB-4586-9E83-79B805F5BCC0>

[2] <https://afsp.org/our-work/education/more-than-sad/>

[3] <mailto:info@afsp.org>

[4] <https://afsp.org/>

Printed on 05/26/2020 from <https://www.sprc.org/resources-programs/more-sad-suicide-prevention-education-teachers-and-other-school-personnel>

The Suicide Prevention Resource Center at EDC is supported by a grant from the U.S. Department of Health and Human Services (HHS), Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Mental Health Services (CMHS), under Grant No. 5U79SM062297.

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