A Missouri school district is teaching young students coping skills to help protect them from suicide risk. The Joplin School District recently received 400 books from The Alliance of Southwest Missouri, a nonprofit community partnership. The books aim to help elementary school students process their feelings by teaching skills such as anger management and help seeking. By promoting resilience among students when they are young, the district hopes to prevent them from experiencing suicide risk as teens. "We're wanting to get ahead of kiddos being depressed and struggling and give them resiliency and coping skills so when they hit the rocky waves of adolescence, maybe they can navigate it with the skills they've learned," said Alliance Executive Director Jen Black.

Spark Extra! Learn more about preventing suicide among youth [2].

Links within this resource

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