

CANTON AREA SCHOOL DISTRICT

“WARRIOR PRIDE”

ADMINISTRATIVE OFFICES

509 East Main Street - Canton, PA 17724
Ph: (570) 673-3191 Fax: (570) 673-3680

OFFICE OF SUPPORT SERVICES

545 East Main Street - Canton, PA 17724
Ph: (570) 673-3983 Fax: (570) 673-7929



www.canton.k12.pa.us

CANTON AREA ELEMENTARY SCHOOL

545 East Main Street, Canton, PA 17724
Ph: (570) 673-5196 Fax: (570) 673-7929

CANTON JR. SR. HIGH SCHOOL

509 East Main Street, Canton, PA 17724
Ph: (570) 673-5134 Fax: (570) 673-5566

9/9/24

Dear Parent / Guardian,

During this school year, CHS and The Bradford County Department of Mental Health is planning to teach students about mental health and how to seek help if they are worried about themselves or a friend. We are using a program called *SOS Signs of Suicide*. The program teaches students about this difficult topic and encourages them to seek help.

SOS has been used by thousands of schools for over 20 years. Studies have shown that it effectively teaches students about depression and suicide while reducing the number of students' self-reported suicide attempts.

Through the program, students learn:

- that depression is treatable, so they are encouraged to seek help
- how to identify depression and potential suicide risk in themselves or a friend
- to ACT (Acknowledge, Care and Tell a trusted adult) if concerned about themselves or a friend
- who they can turn to at school for help, if they need it

Students will watch age-appropriate video clips and participate in a guided discussion about depression, suicide, and what to do if they are concerned about a friend. Following the video, students will complete a brief depression screening tool. This tool cannot provide a diagnosis of depression but does indicate whether a young person should be referred for evaluation by a mental health professional.

At the end of class, students will complete an exit slip which asks whether they would like to talk to an adult about any concerns. School staff will conduct brief meetings with any student asking to talk.

We encourage you to visit www.mindwise.org/parents for information on warning signs for youth suicide, useful resources, and some of the key messages students will learn.

We have included an infographic for you to reinforce the ACT message at home, as well as, a list of local mental health provider resources.

If you have any questions or concerns about your child's participation in this program please contact me.

Donnie Jacopetti, Principal
Canton High School
509 East Main Street
Canton PA 17724
Office Phone: 570-673-5134
Mobile: 272-409-9317
Website: www.Canton.k12.pa.us
Facebook: Canton Area School District
Twitter/Instagram/Snapchat: @CantonHighPA

SOS for Parents & Caregivers

When teens are struggling with depression or thoughts of suicide, it is common for them to turn to each other. This is why it's important for every student to know when to ACT.

How to ACT

1. Acknowledge signs of suicide.
2. Show their friend they Care, and
3. Tell a trusted adult.

Students are learning to look out for warning signs of suicide, such as:



Major changes in behavior, appearance, eating, or sleep.



Sounding hopeless, trapped, or overwhelmed.

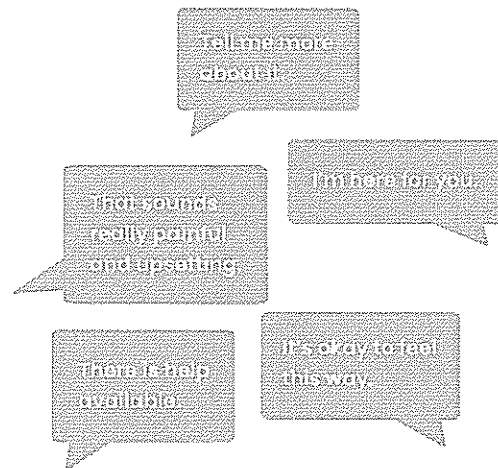


Talk of death or wanting to kill themselves.

If they spot signs of suicide in themselves or a friend:

Students are encouraged to reach out to a trusted adult at school or home. Keep communication lines open by:

- **Talking openly about mental health and life stressors** so they feel more comfortable sharing their struggles.
- **Taking their concerns seriously.**
- **Listening without judgement.**
- **Connecting them to help.** Reach out to their pediatrician or the school counselor. Call or text the Suicide & Crisis Lifeline at 988 for free 24/7 support.



Visit [MindWise.org/parents](https://www.mindwise.org/parents) or scan the QR code to learn more about youth suicide prevention.



News > Mental Health Services

MENTAL HEALTH SERVICES

Contact Information

Bradford & Sullivan County
Offices of Mental Health
220 Main Street, Unit 1
Towanda, PA 18848

Phone: (570) 265-1760 / (800) 588-1828

Fax: (570) 265-8541

Email: mhsecretary@BradfordCountyPA.gov

Hours:

Monday-Friday 8:30 AM to 5:00 PM

****After Hours call: Concern Crisis Intervention – (877) 724-7142**

Services Provided

Bradford/Sullivan County Mental Health Services include:

- Referrals
- Case management
- Children and adolescent service
- System program (CASSP)
- Community hospital integration projects program
- Partial hospitalization
- Inpatient treatment
- Peer support

If there is a risk of injury or death: Call 911 Immediately!

After hours Mental Health Crisis line: 1-(877) 724-7142

If you are in need of our services: 1-(800)-588-1828

Department Description

The mission of the County Offices of Mental Health is to ensure that every adult and elder with a serious mental illness and/or addictive disease, and every child and adolescent who abuses substances, and/or has a serious emotional disturbance will have the opportunity for recovery,



Associate Agencies

Main Link 17 Pine Street
Towanda, PA 18848
(570) 265-0621

Abington Counseling
PO Box 4
Lopez, PA 18628
(570) 430-0521 cell
(570) 928-7771

Northwestern Human Services
703 South Elmer Avenue, Suite 115
Sayre, PA 18840
(570) 888-0051

Concern Counseling Services
319 Main Street
Towanda, PA 18848
(570) 268-3073

Youth Advocate Program
1 Elizabeth Street #5
Towanda, PA 18848
(570) 268-5777

Main Link
118 Desmond Street
Sayre, PA 18840
(570) 888-5083