

# Suicide Awareness Resources & Staff

## Training

A growing body of research points to the importance that educators play in cultivating students' personal and interpersonal readiness. Stanley Hupfeld Academy uses several evidence-based programs with a proven track record of sustainable results. These programs equip our educators to integrate social-emotional learning, discipline, and self-regulation in the classroom, helping to enhance students' inner strength and resilience. Additionally, these programs help inform and empower students and faculty to speak up and get help for students who may be showing signs of extreme stress, anxiety or depression. We hope you will view the videos below to learn more about these programs.

Additionally, we have added resources that you may find helpful on topics that are trending among youth, both locally and nationwide. The resources are by no means complete and comprehensive.

## Hope Squad

The Hope Squad program was built by educators in partnership with mental health experts. The evidence-based training changes how schools approach mental health and suicide prevention.

Learn More at: <https://hopesquad.com/about-us/>

## Kognito At-Risk in Elementary

At-Risk Elementary training from Kognito helps educators and administrators recognize when a student is in distress, initiate a conversation with a student about your concerns, and connect parents and students to support services.

Stanley Hupfeld Academy Staff is trained annually by this SDE approved training.

## Resources:

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### Depression, Anxiety, Stress, Suicide Prevention:

Call SAM (Student Assistance by Mercy) is a 24-hour helpline operated by Mercy which allows our students and their families to get assistance any time day or night. All calls are anonymous.

Specifically, Mercy and its caring staff members have allowed us to better meet the needs of students who experience anxiety, depression, drug addiction or suicidal ideation. 1-855-225-2SAM (2726)

[10 Common Signs of a Mental Health Condition in Teens or Young Adults](#)

[Risk Factors and Warning Signs](#)

[Suicide Prevention](#)

## **Drugs, Alcohol, Vaping:**

[The Danger of Youth Vaping Fact Sheet](#)

[Tobacco, Spit Tobacco, Secondhand Smoke, and Youth](#)

[Underage Drinking](#)

## **Digital Dangers:**

[NetSmartz](#) is the National Center for Missing and Exploited Children's online safety education program. It provides age-appropriate videos and activities to help teach children how to be safer online with the goal of helping them to become more aware of potential online risks and empowering them to help prevent victimization by making safer choices on- and offline.

[KidSmartz](#) is a child safety program that educates families about preventing abduction and empowers kids in grades K-5 to practice safer behaviors.