

In an effort to prevent suicide among youth within our school, families and community, Palatine High School has implemented SOS Signs of Suicide: a school-based, suicide education and prevention program. The **SOS Signs of Suicide Program** educates students in high school on

Yellow Ribbon is a community-based organization developed to address awareness, education and prevention of youth suicide. The program provides students with information on how to ask for help for themselves or friends. Teens who have attempted suicide tell that they were overwhelmed at the time of their crisis and that they did not know what to say or how to ask for help.

Palatine High School students were recently educated on ways to access an **"Ask 4 Help"** card and in what ways to use it. The cards are used as a "voice" for students when they cannot find the words to say "I need help". The Ask 4 Help cards are located in central areas of PHS and all teachers have some as well.