Sources of Strength Blurb

Monday, October 9th SoHi Staff training (lunch and subs provided)

Tuesday, October 10th SoHi Staff and 50 students for training (lunch and subs provided)

Friday, October 13th for a culminating event and luncheon with 5 staff and all students (lunch and subs provided)

Sources of Strength is a youth suicide prevention project designed to build on the power of peer social networks to change the unhealthy norms and culture in the school climate. The goal is to help prevent suicide, bullying, and substance abuse. The mission of Sources of Strength is to prevent suicide by increasing help seeking behavior and promoting connections between peers and caring adults. This program focuses on identifying sources of strength that students already have, so they can build and use these when times get tough.

<https://sourcesofstrength.org/>

<http://www.npr.org/sections/ed/2015/02/25/385418961/preventing-suicide-with-a-contagion-of-strength>