



# FAIRFIELD COUNTY PREVENTION IN FOCUS

AN ENEWSLETTER BY THE FAIRFIELD  
COUNTY ADAMH BOARD FOR SCHOOLS,  
PARENTS, AND STUDENTS

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## **NEW HORIZONS MENTAL HEALTH SERVICES FOR SCHOOLS**

Signs of Suicide (SOS) is a school-based depression awareness and suicide prevention program. It is designed for middle and high school students. SOS has shown a reduction in self-reported suicide attempts by 40–64 percent in studies. The goals of the program are to increase student knowledge and attitudes about depression, encourage students to seek help for themselves or a friend, reduce the stigma of mental health, and engage parents and school staff in prevention education.

Suicide prevention in schools is so important because suicide is the second leading cause of death for youth ages 10–19 in the United States. One in six teens has seriously contemplated suicide in the past year. Currently, New Horizons Mental Health Services works with 13 schools in Fairfield County. This program touches approximately 3,500 students each school year.

Contact Renee Klautky, Ph.D., CDMS, LSW, at 740.243.2992 or via email at [rklautky@newhorizonsmentalhealth.org](mailto:rklautky@newhorizonsmentalhealth.org) for more information.

New Horizons knows anxiety and depressive symptoms are likely to increase with isolation, but you don't have to face them alone. New Horizons offers a full array of services through telephone or telehealth to students and parents and acts as a resource for teachers and school personnel regarding any behavioral health questions.

If you have questions, concerns, or just want to talk with someone, New Horizons can help you stay connected during this difficult time. To speak with a trained staff member, New Horizons has a Community Support and Warm Line at 740.277.1934.

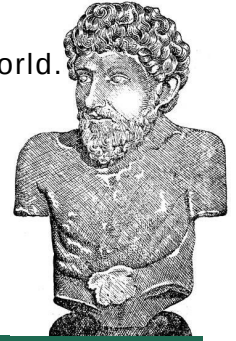


ADAMH wishes you  
and your loved  
ones a very happy  
Thanksgiving!

## WORLD KINDNESS DAY

Celebrated every November 13, World Kindness Day or Random Acts of Kindness Day encourages us to be kind to others to create a nicer, better world. According to the [World Kindness Movement website](#), World Kindness Day is intended to "build a kinder and more compassionate world." Use the day as an opportunity to be kind to family, friends, neighbors, and others. You will find kindness rubs off on others and generates even more kindness.

"No act of kindness, no matter how small, is ever wasted." — Aesop



## NETWORK OF CARE PROVIDERS

- [Big Brothers Big Sisters of Fairfield County](#)
- [Fairfield Center of Hope](#) (formerly Fairfield Mental Health Consumer Group)
- [Fairfield County 2-1-1](#) (Information & Referral)
- [Fairfield County Family, Adult and Children First Council](#)
- [Lancaster/Fairfield Community Action](#)
- [The Lighthouse](#)
- [Lutheran Social Services Faith Mission of Fairfield County](#)
- [Mental Health America of Ohio](#)
- [Mid-Ohio Psychological Services, Inc.](#)
- [New Horizons Mental Health Services](#)
- [OhioGuidestone](#)
- [The Recovery Center](#)

**CRISIS TEXT LINE |**

**Text 4HOPE to 741741**

A free, 24/7 text line for people in crisis.

**Mental Health Crisis Hotline**

**740.687.8255**

**Toll-free: 855.431.0803**

**24/7/365**



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