

Comparing the 3 evidence-based school programs:

Program	Strengths	Weaknesses
Youth Aware of Mental Health (YAM)	<ul style="list-style-type: none"> • Effective in reducing suicide attempts compared to control group • Contained delivery (5 sessions across 3 weeks) • Broader coverage of mental health awareness 	<ul style="list-style-type: none"> • Requires trainers external to school • Some initial cost • Requires scale up of initial trainers to achieve targets
Signs of Suicide	<ul style="list-style-type: none"> • Minimal cost • Easy to deliver (single lesson by teacher) • Effective in reducing suicide attempts compared to control group • Screens for depression 	<ul style="list-style-type: none"> • Less comprehensive than YAM and Sources of strength, just focusing on suicide and depression • Less controlled delivery (no training for teachers to deliver/implement) • Potential fidelity issues
Sources of Strength	<ul style="list-style-type: none"> • In-depth program • Mental health awareness benefits • Builds protective factors • Good evidence for reduction of stigma, increase help seeking 	<ul style="list-style-type: none"> • Program runs over extended period (min 3 months) • Requires commitment of teachers (Adult advisers) and students (Peers) • More work to implement • Hasn't yet been tested to show reduction in suicidal behaviour

Decision making factors:

- School programming capacity (lead in time required, shorter vs more intensive delivery)
- School preferences for programs that address broader mental health awareness benefits
- School preferences for choice vs prescription
- School preferences for investment/resource requirements
- Costs to Department of Education for implementation (single vs multiple)
- Feasibility for local site coordinators to manage implementation support for one vs multiple
- Cost vs take-up (e.g. prep costs for YAM, Sources of Strength comparatively high if schools then mostly select Signs of Suicide)