



Anyone can experience thoughts of suicide.

Workplace stress, personal difficulties, and mental illness can all contribute to these thoughts. Sometimes people work through suicide thoughts on their own, and sometimes these thoughts progress into suicide behaviors, including injury and death.



Suicide Prevention Training AN INVESTMENT IN LIFE

Helping to make the workplace safer for everyone

Fortunately, there are steps workplaces can take to reduce the risk of suicide. These include:

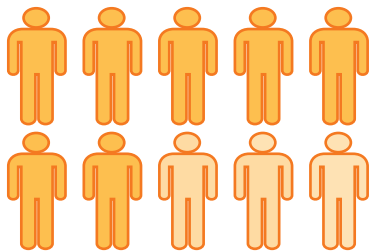
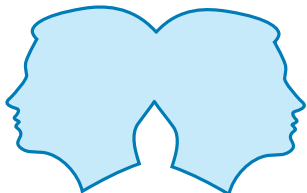
- › Educating employees about suicide awareness to reduce stigma,
- › Training them to identify when others might be at risk, and
- › Giving them the skills to act quickly to help save a life.

This suicide prevention training is a natural complement to employee health and safety policies.

LivingWorks Education wants to be your partner in helping to create a suicide-safer work environment.

1 in 25

people have suicide thoughts each year, regardless of background¹



70% of EMPLOYEES

have concerns about their psychological health at work²

Over
**\$1 MILLION
SAVED**

in lost lifetime productivity for each suicide prevented³



STRESS and SUICIDE BEHAVIORS result in **ABSENTEEISM** and **LOST PRODUCTIVITY**

About LivingWorks



30+

years of experience



8,000+

community trainers worldwide



1.25 million+

people trained



30+

countries and territories
use our programs

Which LivingWorks programs are right for your workplace?



TIME: 1-2 hours (face-to-face or online)

suicideTALK is an awareness session that helps participants explore beliefs about suicide and find ways they can help to prevent it in their workplaces and communities.

"I want to learn more. Is it safe to talk about suicide? How can I support my co-workers?"



TIME: 3-4 hours (face-to-face)

safeTALK trains participants to recognize people who may have thoughts of suicide and connect them with intervention resources to help them stay safe.

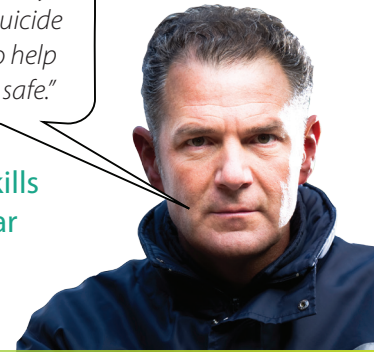
"I want to be able to recognize when a co-worker is struggling and connect them with help."



TIME: 2 consecutive days (face-to-face)

ASIST teaches participants life-assisting intervention skills so they can identify those with thoughts of suicide, hear their stories, and develop collaborative safeplans.

"I want to be ready to carry out a suicide intervention to help someone stay safe."



What people are saying

"LivingWorks programs have made our operations safer for our customers and staff."
—Stephen Hansen, Manager, Safety and Security, Calgary Transit

"Our staff and organization had to be leaders in knowing how to talk to players about suicide and how to connect with our players to create a safe, trusting environment. The ASIST training was referred to us by a colleague at the NFL, and we can confidently say it has been instrumental in accomplishing these goals."
—Danielle Foreman, Program Manager, NFL Players' Trust

"Our experience from the Australian construction industry shows that awareness, alertness, and intervention skills across the workforce save lives."
—Jorgen Gullestrup, CEO, Mates in Construction

Visit www.livingworks.net to learn more, email communications@livingworks.net, or call toll free at 1.888.733.5484.

