

Online Suicide Awareness Training Now Available

In times of heightened isolation and anxiety, people's thoughts of suicide can increase. Now more than ever, it's essential that we have effective skills to keep each other safe, even if it's from afar.

A Way To Learn Life-Saving Skills Anywhere

While face-to-face training isn't possible right now, there is an alternative. **LivingWorks Start** is a 90-minute online program that lets trainees learn suicide prevention skills even while working from home or practicing social distancing. It works on any computer, smartphone or tablet, and it includes simulations, practice and other skills-building activities. There are also ways to apply these skills via phone, text and other remote methods.

LivingWorks is working hard to support suicide prevention efforts during this difficult time. In sensitivity to the current financial situation, they've made **LivingWorks Start** available at a reduced cost of \$20 of per license. In addition, 25 percent of the proceeds will go to help support suicide prevention organizations and trainers impacted by these conditions.

The Benefits of **LivingWorks Start**

LivingWorks Start enables people to recognize when friends, family members, co-workers and neighbors are struggling and take meaningful actions to keep them safe. Trainees report feeling more confident and prepared to help someone, even during work-from-home and social distancing. In today's climate of uncertainty, it's essential that we watch over one another, and **LivingWorks Start** gives people the skills to make it possible.

How To Get Involved

You can experience **LivingWorks Start** or bring it to your team by following this link: <https://shopusa.livingworks.net/discount/T-15023?redirect=%2Fproducts%2Flivingworks-start>.

Please let me know if you have any questions. It's important for all of us to remember that together, even in the face of adversity, we can build a safer and more hopeful world.

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