

LIVINGWORKS suicide to Hope

Aiding Recovery and Growth

LivingWorks suicide to Hope is a one-day workshop for clinicians and other professional caregivers working with people who have previous suicide experiences and who are currently safe. It provides tools to help these caregivers and people with experiences of suicide work together to develop achievable and significant recovery and growth goals.

Who Should Attend?

Clinicians and other professional caregivers who want to learn recovery and growth skills to serve the needs of those with lived experience of suicide.

Learning Outcomes

LivingWorks suicide to Hope participants will be better able to:

- Recognize their beliefs, values, and attitudes as helpers and how these impact on the effectiveness of their work,
- Describe key features of a hope-oriented, recovery and growth approach to suicide,
- Understand a framework for finding and exploring recovery and growth opportunities in suicide experiences, and
- Apply a model to set recovery and growth goals.

How LivingWorks suicide to Hope Makes Communities Safer

For a person with previous suicide experiences who is currently safe, LivingWorks suicide to Hope can facilitate recovery and growth to achieve life-affirming goals.

Health care professionals frequently ask us what to do once they've intervened with their patients and provided immediate help. suicide to Hope provides a practical, useful model for them to aid recovery and growth after suicide experience and we are excited to offer it to professionals in our communities.

—Tana Nash, Executive Director, Waterloo Region Suicide Prevention Council, Canada

We Help Save Lives, One Intervention at a Time

LivingWorks Education is dedicated to helping individuals and communities become safer from suicide. Our programs provide knowledge and skills that help save lives. They are used in national, regional, and organizational suicide prevention strategies. With learning experiences that are interactive, practical, and adaptable, we have a program for everyone who wants to help.

How to Get Involved

Attend a Workshop

Attend a workshop and learn life-saving skills. Visit www.livingworks.net and then click on "Our Trainings" and then "Find a Training" to search for workshops near you.

Host a Workshop

A workshop for your organization or community can empower people with life-saving skills for years to come! To organize one, contact LivingWorks at info@livingworks.net.

Become a Trainer

By attending a Training for Trainers (T4T) course, you can become a trainer and provide LivingWorks programs to your community.

LivingWorks T4T courses focus on a positive learning environment with respect, support, honesty, and open discussion. For more information, visit www.livingworks.net/t4t



1.888.733.5484 | info@livingworks.net | www.livingworks.net

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1: Ashwood, J. S., Briscoe, B., Ramchand, R., May, E., Burnam, M. A. (2015). Analysis of the Benefits and Costs of CalMHSA's Investment in Applied Suicide Intervention Skills Training (ASIST).
2: Gould, M. S., Cross, W., Pisani, A. R., Munfakh, J. L., & Kleinman, M. (2013). Impact of Applied Suicide Intervention Skills Training on the National Suicide Prevention Lifeline. *Suicide and Life-Threatening Behavior*, 43(6), 676-691.

**SUICIDE IS
PREVENTABLE.**

**ANYONE
CAN MAKE
A DIFFERENCE.**

**WITH WORKSHOPS
THAT TEACH
LIFE-SAVING SKILLS,
WE'RE HERE
TO HELP.**

LivingWorks Education has been the leading provider of suicide intervention training for more than 35 years.

We invite you to learn how our programs can help save lives in your community.



LIVINGWORKS Start

Learn to Save a Life in as Little as One Hour Online

LivingWorks Start is a 60-90 minute online training that prepares participants to recognize when someone is having thoughts of suicide and take action to keep them safe. The program features built-in resources for help and safety and uses leading-edge online learning tools including interactive simulations.

Who Should Attend?

Anyone 13 or older who wants to learn life-saving skills. For participants 15 or younger, parental consent is required.

Learning Outcomes

LivingWorks Start trains participants to:

- Recognize people who may have thoughts of suicide,
- Ask them directly about the possibility of suicide,
- Connect them to a resource that can provide further help, and
- Be aware of local resources they can call upon.

How LivingWorks Start Makes Communities Safer

LivingWorks Start helps equip large numbers of people with life-saving skills, creating coverage throughout the community. Anyone can take this training program from the comfort of their home, workplace, or even their mobile device.

Get Started!

Visit www.livingworks.net/start to sign up and take the training today!

I learned a lot in just over an hour, and I now feel a lot more confident and ready to help someone. This is a remarkable program!

—Ella Parrish, community volunteer,
Sydney, Australia

LIVINGWORKS safeTALK

Suicide Alertness for Everybody

Whether directly or indirectly, most people with thoughts of suicide invite help to stay safe. LivingWorks safeTALK is a three- to four-hour training that prepares participants to recognize these invitations and connect a person with thoughts of suicide to intervention resources. Powerful videos illustrate the importance of suicide alertness, while discussion and practice stimulate learning.

Who Should Attend?

Anyone 15 or over who wants to help people be safer from suicide.

Learning Outcomes

LivingWorks safeTALK participants will be better able to:

- Move beyond common tendencies to miss, dismiss, or avoid suicide,
- Recognize people who have thoughts of suicide, and
- Apply the TALK steps (Tell, Ask, Listen, and KeepSafe) to connect a person with thoughts of suicide to a suicide first-aid intervention caregiver.

How LivingWorks safeTALK Makes Communities Safer

LivingWorks safeTALK helps connect people with thoughts of suicide to caregivers who can support them. Often, these caregivers are trained in the two-day LivingWorks ASIST program.

As a taxi driver, I speak to a surprising number of people who have thoughts of suicide. LivingWorks safeTALK has given me and other drivers in Kilkenny a way to help them stay safe.

—Derek Devoy, taxi driver, Kilkenny, Ireland

LIVINGWORKS ASIST

Applied Suicide Intervention Skills Training (ASIST)

LivingWorks ASIST is an award-winning two-day interactive workshop that prepares caregivers to provide life-assisting suicide first-aid intervention using the Pathway for Assisting Life (PAL) model. Research shows that LivingWorks ASIST provides long-term financial benefit to communities¹ and that ASIST-trained caregivers help at-risk people feel less suicidal and more hopeful.²

Who Should Attend?

Although many professional caregivers use LivingWorks ASIST, anyone 16 or older can learn these life-saving skills.

Learning Outcomes

LivingWorks ASIST participants will be better able to:

- Identify people who have thoughts of suicide,
- Understand how beliefs and attitudes can affect suicide interventions,
- Listen to the story of a person at risk and recognize turning points that connect that person to life, and
- Conduct a safety assessment, develop a SafePlan, and confirm the safety actions to be done.

How LivingWorks ASIST Makes Communities Safer

LivingWorks ASIST provides a unique, life-assisting intervention model to help caregivers support persons at risk. It also helps caregivers contribute to the development of suicide-safer resources in their communities.

LivingWorks ASIST has given me a wide range of meaningful skills to support the people I care for... not only clients, but also friends and family. Thank you for this amazing training.

—Jae T., social worker, San Diego, USA