



## Learn life-saving skills with LivingWorks Start

### LivingWorks Start features

Most people are surprised to learn that they're much more likely to encounter someone who's thinking about suicide than someone who needs CPR. Yet suicide is preventable: with the right skills, anyone can help save a life.

That's where LivingWorks Start comes in. In as little as one hour online, this interactive training program will give you the skills and knowledge to keep family, friends, co-workers, and others safe from suicide.

Proven to increase skills.

### How LivingWorks Start can help you:

- Lifetime access to resources and refreshers
- Become more comfortable talking about suicide
- Keep a loved one safe in times of distress
- Support friends and co-workers
- Build professional skills
- Have peace of mind knowing you're ready to help
- Learnable on any computer or device

**Start now! Use registration code: odmhsas and click on the link below**

- <https://connect.livingworks.net/groupsignup?portal=odmhsas>

This program is being provided to you free of charge.

For additional questions please contact Julie Geddes at [jgeddes@odmhsas.org](mailto:jgeddes@odmhsas.org) or 405-248-9275.