

LivingWorks **START**

Learn life-saving skills

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, and that suicide is preventable. With the right skills, anyone can help save a life. 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.

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>

- Create an account
- On My Dashboard in the left column choose My Trainings
- Scroll down the middle and choose *LivingWorks START*
- Now you are ready to go!



OKLAHOMA
**Mental Health &
Substance Abuse**

<http://ok.gov/odmhsas/>

The Oklahoma Department of Mental Health and Substance Abuse Services is sponsoring online training programs and resources to address topics including recognizing and responding to mental and emotional distress among youth and adults; improving resilience; and preventing mental and emotional distress responses.

For additional questions please contact Julie Geddes at jgeddes@odmhsas.org or 405-248-9275.