



LIVINGWORKS

LivingWorks Training—Our Programs, Your Choices

Everyone can help prevent suicide. Being ready to help could save a life. Our training programs prepare people for different helping roles and provide a variety of learning experiences and formats. This guide will help you choose the program that best suits your needs, those of your workplace, or those of your community. These programs can be applied in relationships with family, friends, and co-workers or in formal helping roles. No prior training or experience in suicide intervention is required for any of our programs.

To help inform your decision about which training is right for you, we ask you to consider the following three questions:

- What learning will best prepare you for the helping role you have in mind?
- How do you prefer to learn?
- How much time do you want to invest?

Recognize Signs of Suicide and Connect Someone to Safety

| Program | What You Will Learn | How You Will Learn | Time |
|-----------------------------|---|--|----------|
| LivingWorks Start | <p><i>Learn</i> to read the signs of suicide, begin the conversation, and connect to further help.</p> <p>Can be taken by anyone 15+ years, or 13+ years with parental or caregiver guidance.</p> | <p>Online, self-paced</p> <p><i>Learn</i> the 4-step TASC model through interactive activities and video simulations.</p> <p>Options for supplemental learning are available.</p> | 90 mins. |
| LivingWorks safeTALK | <p><i>Learn</i> to reach out to someone thinking about suicide, overcome attitudes that act as barriers to help, talk openly about suicide, and connect with further support.</p> | <p>In-person workshop</p> <p><i>Learn</i> the 4-step TALK model through discussion, skills practice, and video examples.</p> <p>Opportunities are available to further explore organizational applications of the training.</p> | 4 hours |

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Equip Yourself With Comprehensive Skills to Provide Suicide First Aid

| Program | What You Will Learn | How You Will Learn | Time |
|--|--|---|-------------------------|
| LivingWorks ASIST (Applied Suicide Intervention Skills Training) | <p><i>Learn</i> the skills to provide a suicide first-aid intervention, work with someone to develop a personalized safety plan to keep safe-for-now, and connect with further help.</p> | <p>In-person skills-based workshop <i>Learn</i> a 6-task suicide first-aid model through presentations, interactive discussion, and feature videos.</p> <p>Includes extensive opportunities for skills practice through trainer-facilitated workgroups.</p> | 2 days (consecutive) |

Integrate Suicide Care Into Pastoral Ministry

| Program | What You Will Learn | How You Will Learn | Time |
|--------------------------|---|---|--|
| LivingWorks Faith | <p><i>Learn</i> to blend faith resources with proven best practices in suicide prevention and care.</p> <p>Empower Christian clergy and lay leaders to increase safety from suicide and minister to those who have experienced suicide loss.</p> <p>Includes resources for memorials or funerals, and bereavement support after suicide loss.</p> | <p>Online, self-paced <i>Learn</i> how the principles and practices of pastoral care can enhance safety from suicide.</p> <p>Learn from reflection on Scripture, simulations, and video interviews featuring clergy and individuals with suicide experience.</p> <p>A downloadable companion guide will help you reflect and apply your learning.</p> | 5-7 hours *Includes LivingWorks Start |

Next Steps

You can find more information about each of our programs on our website, along with research and evaluations on our training. If you have specific questions, we encourage you to email or phone us using the contact details below. By making contact, we can also offer specific guidance about how to combine several of our programs within your organization to prepare people for different helping roles.