

# Online Suicide Prevention Training



***In just 90 minutes, LivingWorks Start teaches trainees to recognize when someone is thinking about suicide and how to connect them to help and support.***

The Mental Wellness and Suicide Prevention Committee is offering a FREE 1.5 hour virtual course called LivingWorks START. LivingWorks START will help teach participants skills to recognize when someone is experiencing thoughts of suicide and how to connect them to help. Participants can complete the course either all at once or over 30 days.

The Mental Wellness and Suicide Prevention Committee is covering the cost for up to 30 spots, free of charge. Deadline to register is July 25, 2022.

**Visit [livingworks.net](https://livingworks.net) for more information**

***For more information or to register, please contact: Olivia Acorn***

 204-734-6684

 [oacorn@pmh-mb.ca](mailto:oacorn@pmh-mb.ca)



PRAIRIE  
MOUNTAIN  
HEALTH

