



## Begin the Conversation

*LivingWorks Start is a 90-minute online training that helps learners develop foundational skills to recognise when someone may be thinking of suicide and connect them to further help.*

### Who Should Attend?

LivingWorks Start will help you begin conversations about suicide and make connections to safety in relationships with family, friends, and co-workers.

Anyone aged 18+ years with parental or caregiver guidance is encouraged to take LivingWorks Start. After completing the training you will become a vital part of a Network of Safety within your organisation or community.

### What Will You Learn?

LivingWorks Start will increase your awareness of the many ways in which suicide can impact individuals in your community.

A 4-step model is used to help you learn how to identify and respond to signs that someone may be thinking about suicide. You will learn to:

- Read the signs of suicide
- Begin a direct and open conversation about suicide
- Facilitate a connection to further help

Once trained in LivingWorks Start, you will play a vital role in ensuring that people who are thinking about suicide feel less alone and access the help they need to keep safe and find hope.

### How Will You Learn?

LivingWorks Start is a self-paced, online program. You will explore key teachings, hear from others who have had experience with suicide, and practice your new helping skills through text messaging and video simulations.

Suicide is discussed openly and honestly. Safety for learners is our priority, even online. Crisis resources are always available, and a virtual “Hope Coach” provides encouragement and opportunities for deeper learning and reflection.

Interactive practice examples allow you to gain confidence with your new skills by choosing scenarios which relate what you’ve learned to your everyday life.

### Where Can You Find Out More?

A growing body of published research and evaluation supports the value of this training to individuals and organisations while informing program improvements. Over 145,000 people have completed this training to date.

To find out more about the training, evaluations, or research, use the contacts below.