

## About the HSE's National Office for Suicide Prevention (NOSP)

The role of the NOSP is to effectively support, inform, monitor and co-ordinate the implementation of Connecting for Life, Ireland's National Strategy to Reduce Suicide, 2015-2020.

The NOSP coordinates and funds LivingWorks Start, safeTALK and ASIST training at a national level and these programmes are free for all individuals to attend.

LivingWorks Start is one of a number of suicide prevention training programmes coordinated at a local level by HSE Resource Officers for Suicide Prevention.

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Visit **[www.nosp.ie/training](http://www.nosp.ie/training)**;

For contact details of your local training coordinator who can issue you with a free licence to complete LivingWorks Start.

For information on other training programmes that are available or coming up in your area.

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Information | Support | Services

Visit **[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)** for information and support services for your mental health and wellbeing.

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This leaflet is available to order on **[www.healthpromotion.ie](http://www.healthpromotion.ie)** and has been produced by;

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Version 1



Connecting for Life



Seirbhís Sláinte  
Níos Fearr  
á Forbairt | Building a  
Better Health  
Service



## Suicide Prevention Skills Online



CAPICHE hello@capichecreative.ie

An online, interactive suicide prevention programme, **FREE** to complete and made available in Ireland by the HSE National Office for Suicide Prevention

**Learn suicide prevention skills and improve your knowledge to keep others safe from suicide**

## What is LivingWorks Start?

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 online, interactive training programme will give you the skills and knowledge to keep others safe from suicide.

## Who should complete LivingWorks Start?

This programme is suitable for anyone over the age of 18 who wants to help prevent suicide and is prepared to become more suicide alert.

## What will I learn from LivingWorks Start?

You will;

- Become more comfortable talking about suicide
- Feel more confident in keeping a person safe in times of distress
- Be able to support members of the community, friends and co-workers
- Build your own professional skills
- Have peace of mind knowing you're ready to help.

## How is LivingWorks Start different from other workshops?

**LivingWorks Start** helps participants to identify people who are at risk, confidently ask them about the topic of suicide and connect them with resources that can help them stay safe.

It is a level 2 alertness skills programme and not as advanced as safeTALK or the two-day intervention skills workshop, ASIST.

### Steps in suicide prevention training:

*Step 1: General Awareness*

*Step 2: Alertness Skills*

*Step 3: Intervention Skills*

*Step 4: Assessment and Management Skills*

## How does LivingWorks Start work?

- You can complete the programme on any device or computer. Once you have activated your free licence, you can log in and begin the programme.
- After you activate your licence, you will have 60 days to complete the programme. After that time, your licence will expire and you will not be able to complete the programme.
- The programme uses a mix of guided online content, video and interactive questions.
- You can pause and recommence the programme at your own convenience.
- On average, the programme will take one hour 30 minutes to complete, but you can work at your own pace.
- You will receive a certificate of completion at the end of the programme.



**LIVINGWORKS**

### About LivingWorks

LivingWorks programmes have been widely accepted and valued in Ireland since their introduction in 2003. Starting in Canada in the early 1980s, LivingWorks programmes are now available in many countries including the USA, Australia, Norway, New Zealand, Northern Ireland, Scotland, England and Wales. Close to 2 million people have participated worldwide. In Ireland, in excess of 30,000 people have participated in **safeTALK** or **ASIST** training.

