



# Learn the skills to help save a life.

Suicide is preventable. Anyone can make a difference. Saving one life at a time.

This training will teach you to:

- Recognize when somebody is having thoughts of suicide
- Ask clearly and directly about the possibility of suicide
- State the seriousness and show that person you want to help them
- Connect the person to further resources for safety and support

Accessible via any computer, smartphone, or tablet, LivingWorks Start includes customization, simulations, and interactive content. You'll learn about suicide and its prevention, receive personalized information, and gain a series of skills to keep someone safe and alive.

A "Find Safety" button is present throughout the training to connect you to supporting resources if you experience any distress. Once you've completed the training, you can practice additional scenarios and access ongoing resources.

## Gaining Access to Start Training

1. You can request Start training links here: <https://www.eventsquid.com/register/10683>
  - a. For groups requesting training, please have one individual complete the request and upload a list of names and emails
2. The Participant Information Form (PIF) link will be emailed to you from Michigan Public Health Institute (MPHI)
  - a. Please allow up to one week from the request date to receive the PIF email
  - b. Please use the training ID included in the email from MPHI to complete the PIF
3. You will be required to complete the PIF to receive the Start training link
4. You will have one week to complete the PIF
  - a. A reminder email to complete the PIF will be sent after one week
  - b. Your training request will be discontinued two weeks following the initial PIF email if the PIF is not completed
5. A link to Start training will be sent to individuals via email from LivingWorks with instructions to complete Start
  - a. Please allow up to one week after the completion of the PIF to receive the training link via email
6. Individuals have six weeks to complete the training

Questions regarding Start Training licenses supported by the Transforming Youth Suicide Prevention (TYSP) Program can be directed to Lindsay DeCamp, [decampl@michigan.gov](mailto:decampl@michigan.gov)

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