



LIVINGWORKS START

90-MINUTE ONLINE SUICIDE PREVENTION TRAINING

We are pleased to announce that ONA is providing free LivingWorks Start Training for Syilx Nation members & front-line staff to be completed individually online, at your own pace.

WHAT IS INCLUDED IN THIS TRAINING?

LivingWorks Start teaches valuable skills to everyone 13 and older and requires no formal training or prior experience in suicide prevention. The training is approximately 90 minutes and teaches trainees to recognize when someone is thinking about suicide and connect him or her to help and support.

PARTICIPANTS WILL LEARN A POWERFUL 4-STEP MODEL TO:

- Improves trainee skills and knowledge
- Improves trainee readiness and confidence
- Safe and effective for trainees as young as 13 years old
- Meets SAMHSA's Tier III evidence-based training criteria

ADDITIONAL INFORMATION:

- Open to Syilx Nation Members (ages 13 and up) and/or Syilx Nation Front-line Staff
- Space is limited to 30 spots - so all participants must register.
- Trainees must commit to aftercare follow up with one the following ONA Staff Members
 - Kim Montgomery, Mental Health Lead
 - Charlotte Whitehead, ONRT Senior Coordinator
 - Tanya MacKeigan, Mental Health & Addictions Specialist

For more info:

Charlotte Whitehead, ONRT Senior Coordinator
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Okanagan Nation Response Team (ONRT)
ONRT assists individuals and communities to find
healthy paths along which people choose life