



**Member training:**

**Suicide Prevention**

**September featured training**

**Suicide Prevention**. Suicide remains one of the leading causes of death worldwide according to the WHO’s latest estimates, therefore suicide prevention must be taken seriously. This training programme raises awareness of the risk factors of suicide and how to intervene if you believe someone is at risk.

Learning Points

* Raise awareness of suicide warning signs
* Identify resources for yourself and others
* Identify facts and dispel myths about suicide
* Discuss risk and protective factors for suicide
* Discuss intervention strategies to encourage someone who may be at risk to seek help

Register for a live, one-hour training session or use the on-demand option to watch the training session when it’s convenient for you. The training session options are in English and are available globally.

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| **Recorded sessions**  On demand  (no Q&A)  **[Watch here](https://optum.webex.com/webappng/sites/optum/recording/1fe621ec1bd7103dbfff00505681bf78/playback)**  **Short on time?**  Watch the  10-minute summary    **[here](https://optum.webex.com/recordingservice/sites/optum/recording/97b2ae771c1b103d9f7b00505681590c/playback)** | **10th September**  7-8 AM BST  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27UI000000Lph3YAC) | **10th September**  1-2 PM BST  (with Q&A)  [**Register now**](https://eapworklife.my.site.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27UI000000LpifYAC) | **10th September**  7-8 PM BST  (with Q&A)  [**Register now**](https://eapworklife.my.site.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27UI000000Lru9YAC) | **12th September**  5-6 PM BST  (with Q&A)  [**Register now**](https://eapworklife.my.site.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a27UI000000LpkHYAS) |

**Space is limited for the live training session options, so advance registration is required.**

This programme should not be used for emergency or urgent care needs. In an emergency, call 911 if you are in the United States, the local emergency services phone number if you are outside the United States or go to the nearest A&E. This programme is not intended as a substitute for care provided by a doctor or other professional. Due to the potential for a conflict of interests, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g. their employer or health insurance scheme). This programme and all its components, in particular services to family members under the age of 16, might not be available in all locations and are subject to change without prior notice. The experience and/or educational levels of the Emotional Wellbeing Solutions resources may vary based on contractual or country-specific regulatory requirements. Coverage exclusions and limitations may apply.

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