



**Member training:**

**Suicide Prevention**

**September featured training**

**Suicide Prevention**

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

Participants will:

* Raise awareness of suicide warning signs
* Identify resources for yourself and others
* Identify facts and dispel myths about suicide
* Increase awareness of how suicide impacts Lesbian, Gay, Bisexual, Transgender (LGBT) people
* Discuss how depression, anxiety as well as substance and alcohol misuse impact the risk of suicide
* Discuss how to use the QPR model (Question, Persuade, Refer) to intervene with someone at risk for suicide

Register for a live 1-hour training session or use the on-demand option to watch the training when it’s convenient for you. Training options are in English and available globally.

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| **Recorded sessions**  On demand  (no Q&A)  [**Watch here**](https://optum.webex.com/webappng/sites/optum/recording/ea7b9456feaa103bbdbf00505681f3f7/playback)  **Short on time?**  **Watch the 10-minute summary** [**here**](https://optum.webex.com/webappng/sites/optum/recording/6c92103afeb3103b9ac7005056819d4d/playback) | **11th September**  01:00-02:00 CDT  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006A2WaQAK) | **11th September**  13:00-14:00 CDT  (with Q&A)  [**Register now**](https://eapworklife.my.site.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006A2WfQAK) | **13th September**  11:00-12:00 CDT  (with Q&A)  [**Register now**](https://eapworklife.my.site.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006A2WkQAK) | **14th September**  07:00-08:00 CDT  (with Q&A)  [**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006A2WpQAK) |

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

## Next month’s training will focus on how to support mental health concerns with friends and family. Keep an eye out for registration links to join a live session or use the on-demand option to watch when it’s convenient for you.

**Get started**

This program 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 program is not a substitute for a doctor’s or professional’s

care. Due to the potential for a conflict of interest, 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., employer or health plan). This program and all its

components, in particular services to family members below the age of 16, may not be available in all locations and is subject to change without prior

notice. Experience and/or educational levels of Employee Assistance Program resources may vary based on contract requirements or country

regulatory requirements. Coverage exclusions and limitations may apply.

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