



**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 for suicide and how to intervene if you believe someone is at risk.

Participants will:

* Raise awareness of suicide warning signs
* Identify resources for themselves and others
* Identify facts and dispel myths about suicide
* Increase awareness of how suicide impacts LGBTQ+ people
* Discuss how depression, anxiety and 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 of suicide

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/ea7b9456feaa103bbdbf00505681f3f7/playback)**Short of time?****Watch the 10-minute summary** [**here**](https://optum.webex.com/webappng/sites/optum/recording/6c92103afeb3103b9ac7005056819d4d/playback) | **11th September**07:00-08:00 BST(with Q&A)[**Register now**](https://optum-training-form.force.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006A2WaQAK) | **11th September**19:00-20:00 BST(with Q&A)[**Register now**](https://eapworklife.my.site.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006A2WfQAK) | **13th September**17:00-18:00 BST(with Q&A)[**Register now**](https://eapworklife.my.site.com/NonUSTrainingForm/s/intlregistrationpage?c__recordId=a274N000006A2WkQAK) | **14th September**13:00-14:00 BST(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 provide support for mental health concerns with friends and family. Keep an eye out for the registration links to join a live session or use the on-demand option to watch when it’s convenient for you.

**Get started**

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 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 might 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 insurance). 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 Employee Assistance Programme resources may vary based on contract or on country-specific regulatory requirements. Coverage exclusions and limitations may apply.

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