



# CNIC CREDO uses LivingWorks Start to help prevent suicide during COVID-19

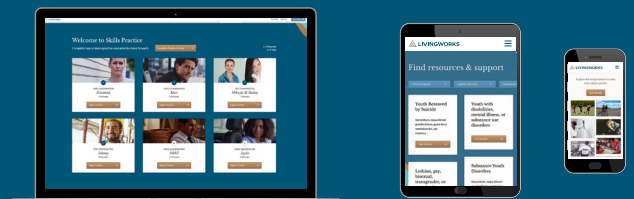
LivingWorks, the world leader in suicide prevention training, has a long-standing partnership with the U.S. Navy to provide face-to-face programs such as LivingWorks safeTALK and LivingWorks ASIST.

Although face-to-face training is on pause during COVID-19 restrictions, suicide prevention skills are more needed than ever. That's why we're pleased to announce that the Navy's contract with LivingWorks has been amended to also include LivingWorks Start, our online training program.

*“Interactive and powerful. An excellent training for service members. During times like these, it's great that it can be taken individually. I can see value in this for our spouses too.”—U.S. Navy Sailor*

## LivingWorks Start: A closer look

- > 60 to 90-minute, skills-based online suicide prevention training
- > Ideal for learning while deployed, working from home, or social distancing
- > Skills can be applied in-person or remotely via phone or text
- > Evidence-based with customization and simulations
- > Ongoing access to resources and practice
- > Contains military scenarios



## Want to bring LivingWorks Start to your command?

# Frequently asked questions

## What skills does LivingWorks Start teach?

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LivingWorks Start provides skills so that trained Sailors can recognize when someone is thinking about suicide, engage them in a brief conversation and confirm the possibility of suicide, and then connect them to further help. This helps increase access and utilization of behavioral health resources, chaplains, LivingWorks ASIST-trained service members, and others who can provide a full-scale intervention.

## Is LivingWorks Start evidence-based?

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Yes. LivingWorks is committed to evidence-based training knowing that people count on our programs to help them save lives. LivingWorks Start meets the Substance Abuse and Mental Health Services Administration (SAMHSA)'s Tier III Evidence-Based Criteria, and evidence shows the program increases trainees' knowledge, skills, and ability to respond appropriately to the possibility of suicide. A peer-reviewed study is forthcoming, and will join more than 50 such studies showing the positive effects of LivingWorks training.

## What happens once face-to-face training resumes?

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LivingWorks Start is designed to work alongside LivingWorks' face-to-face programs as part of an integrated solution. One DoD installation attained a suicide rate reduction of over 80% using this widespread, integrated approach. When face-to-face training resumes, all LivingWorks trainees—whether trained in person or online—can work together to create a unit-wide “network of safety” for those in need.

## What is LivingWorks' history with the US Navy?

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LivingWorks has a longstanding partnership with the U.S. Navy. Over the course of nearly 20 years, we've trained more than 75,000 Sailors and civilian supports on vessels and installations around the world. Proudly Veteran-led, LivingWorks strives to bring life-saving skills to the Department of Defense, supporting our partners with strategic consultation, training, and superior customer service.

**To get started, contact: CNIC CREDO in your Navy Region**

Learn more about LivingWorks Start at [www.livingworks.net](http://www.livingworks.net)