



## 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.

#### 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 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.

<p><b>Recorded sessions</b></p> <p>On demand (no Q&amp;A)</p> <p><a href="#"><u>Watch here</u></a></p> <p><b>Short on time?</b> Watch the 10-minute summary</p> <p><a href="#"><u>here</u></a></p>	<p><b>10<sup>th</sup> September</b></p> <p>1-2 AM Central Daylight Time (with Q&amp;A)</p> <p><a href="#"><u>Register now</u></a></p>	<p><b>10<sup>th</sup> September</b></p> <p>7-8 AM Central Daylight Time (with Q&amp;A)</p> <p><a href="#"><u>Register now</u></a></p>	<p><b>10<sup>th</sup> September</b></p> <p>1-2 PM Central Daylight Time (with Q&amp;A)</p> <p><a href="#"><u>Register now</u></a></p>	<p><b>12<sup>th</sup> September</b></p> <p>11AM-12PM Central Daylight Time (with Q&amp;A)</p> <p><a href="#"><u>Register now</u></a></p>
--	---	---	---	--

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

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 Emotional Wellbeing Solutions resources may vary based on contract requirements or country regulatory requirements. Coverage exclusions and limitations may apply.

© 2024 Optum, Inc. All rights reserved. Optum is a registered trademark of Optum, Inc. in the U.S. and other jurisdictions. All other brand or product names are trademarks or registered marks of the property of their respective owners. Optum is an equal opportunity employer.