



# Life-saving skills for California students and school staff

Today, many young people in California are struggling with anxiety, isolation, and even thoughts of suicide. Together, we can keep them safe.

LivingWorks Start, a 90-minute online training program, teaches life-saving skills to recognize and support those in need. Funded by Assembly Bill 1808, this interactive training is available at no cost to California middle and high school students (13 years and older) and staff.

California students and school staff are invited to:

- > Take LivingWorks Start, a 90-minute online training, for FREE!
  - > Earn community service learning credit
  - > Learn the skills to support friends, classmates, and family

**start  
now!**

You can access the FREE  
suicide prevention training at  
[lwyouthsummit.com/access-training](http://lwyouthsummit.com/access-training)



Contact Heather Nemour for more information:  
[heather.nemour@sdcoe.net](mailto:heather.nemour@sdcoe.net)

or  
Text **start** to  
**888-707-0780**

