

# 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 help them keep 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 and staff.

In addition to gaining life-saving skills, students can earn community service hours for attending. Here's how to take the training:

Visit  
[lwyouthsummit.com/access-training](https://lwyouthsummit.com/access-training)

For more information about training,  
email [kathleen.snyder@livingworks.net](mailto:kathleen.snyder@livingworks.net)

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

Get inspired for mental health and suicide prevention—watch the

## **LIVINGWORKS** *Youth Summit*



Recorded live on September 15, this one-hour event features talented speakers and performers with a message of hope and support. To view the one-hour recording and access class discussion materials on mental health, visit

[lwyouthsummit.com](https://lwyouthsummit.com)