



# Build hope. Save lives from suicide.

Learn life-saving skills  
with LivingWorks Start



Take this FREE, online training in 90 minutes and  
increase your suicide prevention skills

- Become more comfortable talking about suicide
  - Keep a loved one safe in times of distress
    - Support friends and co-workers
- Have peace of mind knowing you're ready to help

Getting signed up is easy!

Just email Avery Vilche at

[avery.vilche@tchsa.net](mailto:avery.vilche@tchsa.net) and ask about LivingWorks Start!



Brought to you by *Tehama County Health Services Agency*  
Through a partnership with *Mental Health Services Act*



WELLNESS • RECOVERY • RESILIENCE