

July 21, 2020

Dear UCR Faculty and Staff,

Re: Learn life-saving skills online with *LivingWorks Start*

Most people are surprised to learn that they're much more likely to encounter someone who's thinking about suicide than someone who needs CPR. Yet suicide is preventable: with the right skills, anyone can help save a life.

That's where a program like *LivingWorks Start* comes in. In as little as one hour online, this interactive training program will give you the skills and knowledge to keep students, co-workers, family, friends, and others safe from suicide.

**UCR Counseling and Psychological Services (CAPS)** and **Healthy Campus** are collaborating with **Riverside-San Bernardino County Indian Health, Inc., Behavioral Health Services Department** to bring this training to our campus for **FREE**.

To take this training click on the URL link - <https://connect.livingworks.net/groupsignup?portal=rsbcih>  
The registration code is **University of California - Riverside**.

To login, use your UCR email address and create a password. The email address that is used to register and login for the first time to START should be used each time you log on.

This training is only available until September 30, 2020 and there are limited seats available, so please login as soon as you can if interested in receiving this important training.

[For National Crisis and UCR mental health support resources](#)  
[UCR Mental Health Resources for Faculty and Staff](#)

Please complete the following brief survey to assist in bringing you more mental health trainings and information. [https://ucriverside.az1.qualtrics.com/jfe/form/SV\\_38FUM6AYWW1PuE](https://ucriverside.az1.qualtrics.com/jfe/form/SV_38FUM6AYWW1PuE)

We appreciate your time and support of our UCR community!

Sincerely,



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