



Working Minds

Suicide Prevention in the Workplace

FREE training!

January 7, 2019, 2:15 p.m. to 4:30 p.m.

Register online at lcbmh.eventbrite.com

The Problem:

- Deaths by suicide cost the United States \$44 billion dollars annually
- More days of work loss and work impairment are caused by mental illness than many other chronic conditions such as diabetes, asthma, and arthritis.
- In a 3 month period, patients with depression miss an average of 4.8 workdays and suffer 11.5 days of reduced productivity.
- Depression is estimated to cause 400 million lost workdays each year at a cost to employers of \$17 to \$44 billion

The Solution: Working Minds

Working Minds trains organizations to proactively address the early warning signs of suicide in the workplace. Just as organizations have realized they can help reduce heart disease by encouraging exercise, they can also reduce suicide by promoting mental health and encouraging early identification and intervention.

The Working Minds training is listed on the National Best Practices Registry for suicide prevention. This training will educate and equip businesses with tools to address mental health and suicide concerns within the workplace.

Working Minds Training:

This 2 hour training gives participants the skills and tools to appreciate the critical need for suicide prevention while creating a forum for dialogue and critical thinking about workplace mental health challenges, and by promoting help-seeking and help-giving.

Register for this FREE training at lcbmh.eventbrite.com.

Location: Lorain County Community College, 1005 North Abbe Road, Elyria, Lecture Hall, Health Sciences 133

Seating is limited. Open ONLY to Lorain County residents/employees.

Questions? 440-233-2020 or vreyna@lcbmh.org

Working Minds is a program of the CU Johnson Depression Center
13199 East Montview Blvd, Suite 330 Aurora, CO 80045 303.724.5042 | www.coloradodepressioncenter.org

Local training offered for FREE through the generosity of these co-sponsors:



**Lorain County
Community College**



OSPF
Ohio Suicide Prevention Foundation
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Suicide
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