



Please join us in this self-directed, online Training!

You are receiving this because your supervisor has requested that you take a new online training called LivingWorks Start or you found this training for yourself online. This training is made possible by the Building Capacity in Addictions and Mental Health in North Zone Primary Care Networks Grant. **This training is now open to all Albertans!**

Our North Zone and LivingWorks believe that suicide is preventable. LivingWorks is a world leader in suicide prevention skills training, including LivingWorks Start, an interactive online suicide prevention skills training.

The LivingWorks Start Training

In times of heightened isolation and anxiety, people’s thoughts of suicide can increase. Now more than ever, in today’s climate of uncertainty, it is essential that we have effective skills to keep each other safe, even if it is from afar. LivingWorks Start teaches trainees to recognize when someone is thinking about suicide and connect them to help and support.

LivingWorks Start is:

- Useable on any computer, tablet, or smartphone
- Interactive with practice and simulations
- Has built-in safety resources and features.
- Completed in 60-90 minutes.
- Appropriate for ages 16 and up (13 years of age with parental or supervised guidance)
- Works best on Firefox and Chrome, Microsoft Edge, Safari, and most mobile browsers (avoid Internet Explorer)

Get started by clicking one of these links first

Time to pick your link, or use the one that Robyn provided for you in the email.

Please select the Link that matches your PCN/and/or your nearest geographical location. If you are with a not-for-profit, social sector, or community organization – please select the link in the Community/Public box below:

Aspen	https://lms-signup.livingworks.net/?orgcode=NZPCASPEN&region=Canada%20/%20International
Bighorn	https://lms-signup.livingworks.net/?orgcode=NZPCBIGHORN&region=Canada%20/%20International
Bonnyville	https://lms-signup.livingworks.net/?orgcode=NZPCBONNYVILLE&region=Canada%20/%20International
Cold Lake	https://lms-signup.livingworks.net/?orgcode=NZPCCOLDLAKE&region=Canada%20/%20International
Grande Prairie	https://lms-signup.livingworks.net/?orgcode=NZPCGRANDEPRAIRIE&region=Canada%20/%20International
Lakeland	https://lms-signup.livingworks.net/?orgcode=NZPCLAKELAND&region=Canada%20/%20International

Mcleod River	https://lms-signup.livingworks.net/?orgcode=NZPCMCLEODRIVER&region=Canada%20/%20International
Northwest	https://lms-signup.livingworks.net/?orgcode=NZPCNORTHWEST&region=Canada%20/%20International
Peace Region	https://lms-signup.livingworks.net/?orgcode=NZPCPEACEREGION&region=Canada%20/%20International
Saddle Hills	https://lms-signup.livingworks.net/?orgcode=NZPCSADDLEHILLS&region=Canada%20/%20International
Wood Buffalo	https://lms-signup.livingworks.net/?orgcode=NZPCWOODBUFFALO&region=Canada%20/%20International
Community /Public	https://lms-signup.livingworks.net/?orgcode=NZPCCOMMUNITY-PUBLIC&region=Canada%20/%20International
Not North Zone (outside of Northern Alberta)	https://lms-signup.livingworks.net/?orgcode=NZPCNOTNORTHZONE&region=Canada%20/%20International

How do I get to the Training after the link is clicked and my account made?

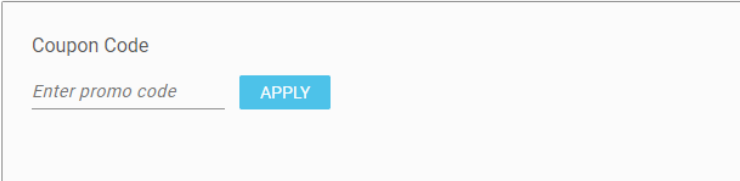
The following steps provide instruction on how to proceed.

- To access this course, you need to create your LivingWorks Learning Management System account using your email address.
- It will ask you to create a password – please remember your password. If you are with the PCN, try to use your work email address.
- Now to navigate the system a bit:
 - Click on “Our Training” and pick the **LivingWorks Start** course from the learning catalogue. This course has been provided to you at no cost. **Please apply the following Coupon Code when registering for the LivingWorks Start course on the order check-out page as if you were going to buy it.** This Coupon Code will provide a 100% discount. Do input your Address and Billing for the system to be able to check-out. It will NOT ask you for a credit card or to pay after you put in the Coupon Code.

Enter **Coupon Code** at check-out: **NORTHZONEPC**

Some important notes

Below is an example image of where to enter in the Promotional/Free/Coupon Code:



The image shows a rectangular form with a light gray background. At the top left, the text "Coupon Code" is displayed. Below it, there is a text input field containing the placeholder text "Enter promo code". To the right of the input field is a blue button with the word "APPLY" in white capital letters.

Once you have created your account, you can proceed to the learning catalogue and add the LivingWorks Start course to your cart and then click on checkout.

Note: You will need to provide an address in the checkout screen. You can use your organization's address. Please follow the directions in the onscreen popup message when entering your address.

The Coupon Code is entered on this check-out / cart screen. Use the Coupon Code to get free access to the training: NORTHZONEPC

Once you have registered for the LivingWorks Start course, you can launch the course by clicking the "LivingWorks Start" hyperlink in your order confirmation, or, navigating to the "Me" menu in the application. Please bookmark this link for future access to the LivingWorks Learning Management System. <https://learn.livingworks.net>

Need some help?

If you require additional support or help with login/account creation issues:
email support@livingworks.net.

If you would like to provide feedback on the Training or have some questions, this is helpful for the North Zone team; we appreciate you sharing your experience: rlaczy@gmail.com

On behalf of the North Zone and the LivingWorks teams - thank you for participating and supporting a suicide-safer province!

Sincerely,

Robyn Laczy (she/her)
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