WASHINGTON: Suicide Awareness Training for Washington Lawyers and Their Clients

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K5 News [1]

Lawyers in Washington State are learning about suicide prevention. To help address suicide risk in the legal profession, the Washington State Bar Association recently held a suicide prevention training for its members. Led by the University of Washington’s Forefront Suicide Prevention, the training included guidance on how to recognize and respond to clients or coworkers who are struggling. According to international businessperson Michael Rawding, lawyers often encounter stressful situations at work and may feel reluctant to seek help when they are struggling. In a series of videos included in the training, Rawding described his experience with depression and suicidal thoughts and encouraged participants to reach out if they are having a hard time. The bar association plans to hold another training later this year.

Spark Extra! Learn how workplaces can help address suicide [2].

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