

# **ASIST: Applied Suicide Intervention Skills Training**

21<sup>st</sup> & 22<sup>nd</sup> June 2007 10am—5pm

Cost: \$170 (includes reference book, wallet card and morning/afternoon tea)

ASIST is a 2-day skill-based workshop that equips participants to undertake an effective suicide intervention role. The emphasis is on suicide first aid— helping a person at imminent risk stay safe and seek further help. Participants reflect on their attitudes and beliefs about suicide and how these may affect their intervention role. They learn how to notice invitations for help and ask directly about suicide. An intervention framework is provided, and modeled, followed by extensive opportunities to practice skills needed to implement the model. Community resources likely to promote lifelinks and continuity of care are identified.

The purpose of ASIST is to enhance the participants comfort, confidence and competence in helping a person at imminent risk of suicide. ASIST has proven effectiveness with all kinds of helpers—from those in informal carer roles (such as parents and friends) to professional workers.

ASIST is delivered by experienced trainers who draw on their experience of working with suicidal people to enrich the experience for participants. This course is a must for anybody working with people.

If you are interested in attending this training please complete a registration form and return it to Lifeline Canberra

Phone: 6247 0655 Fax: 6257 4290 Email: [training@act.lifeline.org.au](mailto:training@act.lifeline.org.au)