

The benefits
live on

It begins
with you

Create a life-
assisting
community

ASIST: A LivingWorks program

LivingWorks has been helping communities become suicide-safer since 1983. Comprehensive, layered, integrated and accessible, there is a program for everyone who wants to help.

Currently, there are over **3,500 ASIST trainers** around the world. Over **750,000** people have taken ASIST. Visit **www.livingworks.net** for more information about ASIST or contact your local ASIST trainer.



Suicide Prevention and Crisis Services

Business Line: (916) 368-3118

training@wellspacehealth.org



suicide-safer communities · saving lives for tomorrow

www.livingworks.net

“I use ASIST in virtually every crisis situation, volunteer and work... Thank you for this life-changing program.”

“My overall level of confidence in dealing with this type of situation increased 100% both in knowledge and skills.”

“I feel that everyone, no matter what line of work they are in, would greatly benefit from this workshop.”

“Workshop was great. High participation and involvement... the most practical counselling training experience I've had.”

The challenge

Every year more people die by suicide than from all of the several armed conflicts around the world and, in many places, about the same or more than those dying in traffic accidents. For every suicide, there may be up to 100 times more who are injured by non-fatal suicidal behaviors.

In any year, as many as 6% of the population have serious thoughts of suicide.

How can further deaths and injuries be prevented?
How can we support people to choose life when something prevents them from seeing a way forward?

The opportunity

Most people considering suicide share their distress and their intent. Training can help us see and respond to these invitations to help. It can give you the confidence to ask about suicide if you are concerned about someone's safety. It can provide you with the tools to help prevent the immediate risk of suicide.

Create a life-assisting community...
It begins with you. The benefits live on.

ASIST

Applied
Suicide Intervention
Skills Training

The workshop

ASIST provides practical training for caregivers seeking to prevent the immediate risk of suicide.

Participants often include:

- people concerned about family, friends
- natural helpers and advisers
- emergency service workers
- counsellors, teachers and ministers
- mental health practitioners
- workers in health, welfare or justice
- community volunteers

Working mostly in small groups of one trainer to no more than 15 participants, ASIST uses many different teaching processes to create a practice-oriented and interactive learning experience.

The outcome

The emphasis of the ASIST workshop is on suicide first aid, on helping a person at risk stay safe and seek further help. Attendance at the full two days is essential.

Learn how to:

- recognize invitations for help
- reach out and offer support
- review the risk of suicide
- apply a suicide intervention model
- link people with community resources

Evaluations have shown that the workshop increases caregivers' knowledge and confidence to respond to a person at risk of suicide, that intervention skills are retained over time and that they are put to use to save lives.