

# ASIST

## Applied Suicide Intervention Skills Training

Brook RED is a community mental health and suicide prevention service. As a completely peer-run organisation, many of our team members have a lived experience of suicidality and we believe that ASIST is an outstanding model for supporting people. We deliver ASIST from a lived experience perspective and this is what makes our training particularly engaging and powerful.

### What is ASIST?

ASIST is a two day interactive workshop in suicide first aid where people learn to apply a suicide intervention model. ASIST helps people to recognise when someone may be having thoughts of suicide and work with them to create a plan that will increase their immediate safety and link them with further help. For more information about ASIST, please visit:

[www.livingworks.net/programs/asist/](http://www.livingworks.net/programs/asist/)



### Training from a lived experience perspective

If you are interested in participating in one of our ASIST workshops as an individual or as an organisation, please contact Donna Humphrey on:

3343 9282  
dannah@brookred.org.au

## Meet Our Trainers



### **Simon Clough**

Simon has been working in the Mental Health and Alcohol and Other Drugs field for over 14 years. He is Brook RED's Assistant Manager and the Program Coordinator for our Highgate Hill Centre. Simon is also a Mixed Martial Arts coach and enjoys blacksmithing in his spare time. Simon has a wealth of experience applying the ASIST model both professionally and personally and he considers it a core skill for all.



### **Kathryn Kelly**

Kathryn is our Administrative Projects Coordinator and she brings her lived experience to all areas of her work including policy development. She is originally from the UK where she studied psychology before moving to Australia 10 years ago. Kathryn has 3 young children and lives on a small farm south of Brisbane. She is passionate about suicide prevention and the value that lived experience can bring to the training environment.



### **Kahla Scott**

Kahla is a Peer Support Worker from our Beenleigh Centre. She came to us as a student and our community loved her so much that she has been working with us ever since! Kahla loves being outdoors, traveling and capturing the beauty around us through a lens. Kahla hopes that in sharing her own lived experience she can convey the importance of learning suicide intervention skills.