



## Applied Suicide Intervention Skills Training (ASIST)

ASIST is a two-day interactive workshop in suicide first-aid. Participants learn to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Participants don't need any formal training to attend the workshop – ASIST can be learned and used by anyone.

### Goals and Objectives of ASIST:

- \* Understand the ways personal and societal attitudes affect views on suicide and interventions
- \* Provide guidance and suicide first-aid to a person at risk in ways that meet their individual safety needs
  - \* Identify the key elements of an effective suicide safety plan and the actions required to implement it
- \* Appreciate the value of improving and integrating suicide prevention resources in the community at large
  - \* Recognize other important aspects of suicide prevention including life-promotion and self-care

**June 11 & 12**

~ Fergus

**October 24 & 25**

~ Kitchener

**August 13 & 14**

~ Guelph

**November 14 & 15**

~ Guelph

**September 23 & 24**

~ Waterloo

**December 7 & 8**

~ Waterloo

9:00 a.m. to 5:00 p.m. each day *(address will be disclosed upon registration)*

***The cost of this workshop is \$200, includes refreshments & materials***

**All are welcome to participate.**

To register online, visit: [www.cmhaww.ca/events](http://www.cmhaww.ca/events) Questions? Email: [workshops@cmhaww.ca](mailto:workshops@cmhaww.ca)

Space is limited. Pre-registration required.



Canadian Mental  
Health Association  
Waterloo Wellington

Association canadienne  
pour la santé mentale  
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