



ASIST **Learn the skills. Help Save a Life.**

Applied Suicide Intervention Skills Training

Suicide is preventable. Anyone can make a difference.

- Two-day workshop on suicide intervention skills
- Learn and practice a life-saving intervention model
- Widely used by professionals and the general public

Workshop Schedule 2020

January 22 & 23
8:30am - 4:30pm
Portola Station - 171 Gulling St
PORTOLA

April 22 & 23
8:30am - 4:30pm
CLF Church - 317 First St
QUINCY

Register online at: <https://www.plumasruralservices.org/asist>

ASIST Changes Lives

A 2013 study found the following improvements in those struggling with thoughts of suicide after receiving an ASIST intervention:

35% more hopeful • 31% less depressed • 46% less overwhelmed • 74% less suicidal

50:1 return on investment in decreasing long-term costs of suicide (2015 study)

<p>ASIST <u>Works</u></p> <p>Studies show that participants gain confidence:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Knowledge about suicide <input checked="" type="checkbox"/> Skills to reach out <input checked="" type="checkbox"/> Confidence to help save a life 	<p>FREE—\$200 Value!</p> <p>Lunch & Refreshments Provided</p> <p>For further information contact:</p> <p>Tammy Masters tmasters@plumasruralservices.org 530-283-2735 x882</p>
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CEUs available!



Plumas Rural Services
Serving people, Strengthening families, Building communities
www.PlumasRuralServices.org