



# ASIST

## APPLIED SUICIDE INTERVENTION SKILLS TRAINING

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

### Goals and Objectives

*In the course of a two-day workshop, ASIST participants learn to:*

- Understand the ways personal and societal attitudes affect views on suicide and interventions
- Provide guidance and suicide first-aid to a person with thoughts of suicide 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

### Certificate and Accreditation

ASIST is recognized by Canadian Accreditation Council Of Human Services (CACOHS) and the Association of Social Work Boards (ASWB). Participants who have current ASIST certificate can obtain 14 hours of Category A professional development credits.

**\* Certification does not expire.**

A half -day refresher course is suggested every 2-3 yrs to update skills if needed.

**FOCUS:** Suicide Intervention Training

**DURATION:** Two Days (15 hrs)

**PARTICIPANTS:** Anyone 16 or older

**TRAINERS:** Minimum of two registered trainers per workshop. Each workshop requires minimum of 8 to a maximum of 45 participants.



LIVINGWORKS

To book a workshop for your organization or interested in attending a local workshop: please email: [tolivfromwithin@gmail.com](mailto:tolivfromwithin@gmail.com)  
[www.livingworks.net](http://www.livingworks.net)