Applied Suicide Intervention Skills Training (ASIST)

**AIM** To teach Suicide First Aid skills to raise confidence and knowledge and to familiarise participants with the most widely used suicide intervention model in the world

At the end of the course participants will be able to:

- Recognise invitations for help
- Reach out and offer support
- Review the risk of suicide
- Apply a suicide intervention model
- Link people with community resources

Recognised by the Department of Health, ASIST is fast becoming an essential tool for all community caregivers. This is a two day course that aims to break down stereotypes and misinformation about suicide and gives participants an evidence-based approach to those at risk. Participants will have a chance to analyse their own views about suicide, they will be introduced to the intervention model and given opportunities to observe and practise skills in effective suicide intervention.

Email: training@commlinks.co.uk  Website: [www.commlinks.co.uk](http://www.commlinks.co.uk)
The challenge

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
- 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 30 participants, ASIST uses many different teaching processes to create a practice-orientated and interactive 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:**
- recognise invitations to 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.