

Upcoming ASIST dates:

Cost: \$180

Student Cost: \$160

Sessions run from 8:30 am to 4:30 pm.

SESSION 1		SESSION 2	
AUG.	AUG.	SEPT.	SEPT.
14	15	26	27

SESSION 3		SESSION 4	
OCT.	OCT.	DEC.	DEC.
24	25	05	06

SESSION 5		SESSION 6	
JAN.	JAN.	FEB.	FEB.
23	24	20	21

SESSION 7		SESSION 8	
MARCH	MARCH	APRIL	APRIL
27	28	24	25

SESSION 9		SESSION 10	
MAY	MAY	JUNE	JUNE
22	23	19	20

About LivingWorks

LivingWorks is a public service corporation whose vision is enhancing resources today and saving lives for tomorrow. Our mission is to create learning experiences that help communities prevent suicide. We train locally-based trainers so that the benefits of our programs live on in the community. Local resources can better transfer learning to others in the community in a cost-effective manner.

LivingWorks monitors quality, updates programs and supports the international trainer resource network. The aim is to have all of the benefits of local resources plus the advantages of a central organization dedicated to quality.

Working with caregivers of all kinds, LivingWorks prepares helpers to competently intervene with a person at risk of suicide.



ASIST

Canadian Mental Health Association
 Ottawa Branch
 1355 Bank Street, Suite 301
 Ottawa, ON K1H 8K7
 Tel: 613-737-7791 Fax: 613-737-7644
www.ottawa.cmha.ca



Canadian Mental
 Health Association
 Ottawa
Mental health for all

Association canadienne
 pour la santé mentale
 Ottawa
La santé mentale pour tous



Applied Suicide Intervention Skills Training

Applied Suicide
 Intervention Skills Training
 The Revised ASIST
 Edition 11 Workshop



**“I use ASIST
in virtually
every crisis
situation, in
both of my
roles as a
volunteer and
employee...
Thank you
for this life-
changing
program.”**

– ASIST participant

The Challenge

Every year more people die by suicide than from all of the armed conflicts around the world and, in many places, about the same or more than those dying in traffic accidents. For every suicide, there may be up to 100 times more who are injured by nonfatal suicidal behaviors. In any year, as many as 6% of the population have serious thoughts of suicide. How can we support people to choose life when something prevents them from seeing a way forward?

Opportunity

Most people considering suicide share their distress and their intent. Training can help us see and respond to these invitations for 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. 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.

ASIST is a two-day, interactive workshop that prepares caregivers to provide suicide life-assisting, first-aid intervention. Small group discussions and skills practice are based on adult learning principles. ASIST teaches Pathways for Assisting Life (PAL), a practical guide to doing suicide interventions. Powerful videos support learning.

Who Can Attend?

All caregivers, formally designated or not; adults and youth 16 plus.

Learning Outcomes

By the end of the workshop, participants will be better able to:

- Identify people who have thoughts of suicide
- Understand how beliefs and attitudes can affect suicide interventions
- Understand a person at risk's story about suicide as well as recognize turning points that connect the person to life
- Conduct a safety assessment and develop a plan that will keep the person at risk safe-for-now
- Confirm the person at risk's faith in the safeplan and their intent to follow it through

The Role of ASIST in a Suicide-Safer Community

ASIST caregivers complete the process that safeTALK helpers start, providing life-assisting, suicide first-aid intervention.