

Applied Suicide Intervention Skills Training (ASIST)

In ASIST, people learn to apply a suicide intervention model. It helps caregivers recognise when someone may be at risk of suicide. It then explores how to connect with them in ways that understand and clarify that risk, increase their immediate safety and link them with further help. Over 80,000 people in Australia have attended ASIST which is available in all states and territories.

Virtually anyone age 16 or older, regardless of prior experience or training, can become an ASIST-trained caregiver. Developed in 1983 and regularly updated to reflect improvements in knowledge and practice, ASIST is the world's leading suicide intervention workshop. During the two-day interactive session, participants learn to intervene and help prevent the immediate risk of suicide. Over 1,000,000 people have taken the workshop, and studies have proven that the ASIST method helps reduce suicidal feelings for those at risk.

Workshop Features :

- Presentations and guidance from two LivingWorks registered trainers A scientifically proven intervention model
- Powerful audiovisual learning aids
- Group discussions
- Skills practice and development
- A balance of challenge and safety

Expression of Interest

Location : *Supper Room, Goldring Street Richmond*

Date: *Tuesday 13 & Wednesday 14 April 2021*

Time: *9:00am - 4:30pm approx for two day training. Morning Tea and Lunch Provided.*

Cost: *FREE*



Please contact Stephanie Fields for more information or to register your details to attend workshop.

Register via phone 4719 3377 or email stephanief@richmond.qld.gov.au by 15th March 2021.

