

### Applied Suicide Intervention Skills Training (ASIST)

ASIST is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may be at risk 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 the 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 at risk 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

#### ASIST trainers

ASIST workshops are facilitated by a minimum of two Living Works registered trainers who have completed a five-day Training for Trainers (T4T) course. These ASIST trainers are firefighters and must deliver regular workshops and participate in a rigorous quality control program to remain registered.

#### ASIST participants

ASIST is a resource for fire department peer supporters, chaplains and clinicians.



**FOCUS:** Suicide intervention training

**DURATION:** Two days (15 hours)

**DATE:** April 13 & 14, 2021

**LOCATION:** SHIELD Training Center  
4300 Caterpillar Rd, Redding, CA 96002

**COST:** No cost to participate  
Seating is limited

[CLICK HERE TO REGISTER](#)

**About LivingWorks:** Dedicated to creating suicide safety through proven, high-quality programs, LivingWorks Education has been the world leader in suicide intervention training for over thirty years. To learn more, visit [www.livingworks.net](http://www.livingworks.net).

*This workshop is sponsored in partnership with Direct Relief and*

