



# ASIST

*Applied Suicide Intervention Skills Training*



## Create a life-assisting community

*It begins with you, the benefits live on*

### The challenge

Every year more people die by suicide than from all of the several 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 non-fatal suicidal behaviors. 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.

### 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
- mental health practitioners
- community volunteers
- natural helpers and advisers
- counselors, teachers and ministers
- workers in health, welfare or justice

Working mostly in small groups of one trainer to no more than 15 participants, ASIST uses many different teaching processes to create a practice-oriented and interactive learning experience.

### The outcome

The emphasis of the ASIST workshop is on suicide first aid, on helping a person at risk stay safe and seeks further help. Attendance at the full two days is essential. Learn how to:

- recognize invitations for help
- review the risk of suicide
- link people with community resources
- reach out and offer support
- apply a suicide intervention model

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.

### ASIST: A LivingWorks program

LivingWorks has been helping communities become suicide-safer since 1983. LivingWorks' programs are an important part of national and regional prevention strategies worldwide. Integrated and coordinated, LivingWorks' programs help communities develop suicide-safer attitudes and practices. They are interactive, easy to learn and practical.

Currently, there are over 3,500 ASIST trainers around the world. Over 750,000 people have taken ASIST. For more information about ASIST, please visit the web at [www.livingworks.net](http://www.livingworks.net) to find a certified trainer in your area.

[Suicide:](#)

More common than you think,  
More preventable than you know!

## ASIST Registration Form

**Workshop Dates:** TBD

**Times:** 8:30am to 4:30pm both days

**Location:**

**Cost:** \$50

### Registration Details

Name \_\_\_\_\_

Organization \_\_\_\_\_ Position \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_ Phone Number \_\_\_\_\_

Special Requirements \_\_\_\_\_

**Please return this registration form by 10 days prior to training to:**

**Brian Hart**  
**Chemung County Prevention Coordinator**  
at  
**737-5501 or by fax 737-5500, or by email [bhart@co.chemung.ny.us](mailto:bhart@co.chemung.ny.us)**

### Important Workshop Details – Please Read:

- This is a two day workshop. Workshop instruction starts at 8:30am and finishes by 4:30pm both days. Please ensure that you are able to attend for the entire time.
- In this workshop you will have an opportunity to explore your experiences with and your attitudes about suicide. You will also have an opportunity to better understand the needs of a person at risk of suicide and learn how to use suicide first-aid to meet those needs. If these activities concern you, please talk to one of your trainers.
- This workshop is restricted to persons over 18 years of age and limited to 24 participants.

#### Suicide:

More common than you think,  
More preventable than you know!

This Workshop is made possible in large part by the **Walk A Mile In My Shoes** suicide prevention fund; supported each year by the generous donation of time and resources of concerned organizations and members of our community.

