



Free 2 day Workshop

When: Wednesday, 13 and Thursday, 14 March 2018
Both days to be attended.

Where: Camden Lakeside Golf Club
50 Raby Road Catherine Field

Time: 9:00am-5:00pm

Register via [Eventbrite.com.au](https://www.eventbrite.com.au) (search Lifeline Macarthur) or copy the link below:

<https://www.eventbrite.com.au/e/asist-applied-suicide-intervention-skills-training-tickets-42437628088?aff=es2>

ASIST is a two-day interactive workshop in suicide first-aid. ASIST teaches participants to recognise 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.

ASIST MAKES A DIFFERENCE

As the world's leading suicide intervention workshop, Living Works' ASIST program is supported by numerous evaluations including independent and peer-reviewed studies. Results demonstrate that ASIST helps participants become more willing, ready, and able to intervene with someone at risk of suicide.

ASIST is also proven to reduce suicidality for those at risk. A 2013 study that monitored over 1,500 suicidal callers to crisis lines found that callers who spoke to ASIST-trained Crisis supporters were 74% less likely to be suicidal after the call, compared to callers who spoke to others trained in methods other than ASIST. Callers were also less overwhelmed, less depressed and more hopeful.

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
- Recognise other important aspects of suicide prevention including life-promotion and self-care



ASIST is a resource for the whole community. It helps people apply suicide first aid in many settings: with family, friends, co-workers, teammates, as well as formal caregiving roles.

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