



ASIST[®]

Applied Suicide Intervention Skills Training

ASIST is a two-day interactive workshop in suicide first-aid.
You will learn to apply a suicide intervention model.

ASIST teaches participants to recognise when someone may be at risk of suicide.

It then explores how to connect with them to understand and clarify that risk,
to create a plan that will increase their immediate safety,
and then to link them with further help.

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.

When: **Thursday, 16 - Friday, 17 March 2023**
8.45am - 5.00pm both days

Where: [Ballarat Hospice Care, 1836 Sturt Street, Alfredton](#)

Cost: \$395.00 + GST

Registration and payment: <https://www.trybooking.com/CFWIK>



Registrations close
9 March @ 8am

You will learn how 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 & 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

Workshop features:

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