



Learn the skills to help save a life.

Suicide is preventable. Anyone can make a difference.

Attend the two-day ASIST workshop and learn life-saving suicide intervention skills. Widely used by both professionals and the general public, ASIST is open to everyone 16 or older. It offers something to every participant, no matter how experienced.

Learn more at www.livingworks.net/asist



LivingWorks



esuicideTALK



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ASIST



suicide to Hope



Learn the skills to help save a life.

Suicide is preventable. Anyone can make a difference.

Attend the award-winning ASIST workshop and learn to:

- recognize people at risk of suicide,
- talk to them, hear their stories, and understand their situations, then
- help them stay safe with a life-affirming intervention.

The two-day ASIST (Applied Suicide Intervention Skills Training) workshop is open to anyone 16 or older. Widely used by both professionals and the general public, ASIST offers something to every participant, no matter how experienced.

Why take ASIST?

LIFE-SAVING: Anyone can experience thoughts of suicide. By giving participants the skills to help friends, family members, colleagues, and clients stay alive, ASIST supports suicide-safer communities.

TRUSTED: ASIST is the most widely used suicide intervention training workshop in the world. Over 100,000 people attend ASIST each year in more than 30 countries.

ENGAGING: ASIST is a dynamic, hands-on workshop that uses adult learning principles. It includes presentations, discussions, and audiovisuals, plus simulations to practice intervention skills.

PROVEN: ASIST works. A major 2013 study showed that the ASIST intervention process significantly reduces thoughts of suicide and helps people at risk feel more hopeful about living.¹

COST-EFFECTIVE: A 2015 RAND Corporation study found that for every \$1 spent on the ASIST program in California, the state government would save \$50 in medical expenses and associated costs.²

Learn more at www.livingworks.net/asist

¹ Gould, M. S., Cross, W., Pisani, A. R., Munfakh, J. L., & Kleinman, M. (2013). Impact of Applied Suicide Intervention Skills training on the National Suicide Prevention Lifeline. *Suicide and Life-Threatening Behavior*, 43:6, 676-691.

² Ashwood, J. S., Briscoombe, B., Ramchand, R., May, E., Burnam, M. A. (2015). Analysis of the Benefits and Costs of CalMHSA's Investment in Applied Suicide Intervention Skills Training (ASIST).

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.

ASIST makes a difference

As the world's leading suicide intervention workshop, LivingWorks' 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 with ASIST-trained counselors were 74% less likely to be suicidal after the call, compared to callers who spoke with counselors trained in methods other than ASIST. Callers were also less overwhelmed, less depressed, and more hopeful after speaking with ASIST-trained counselors.

FOCUS: Suicide intervention training

DURATION: Two days (15 hours)

PARTICIPANTS: Anyone 16 or older

TRAINERS: Two registered trainers per 15–30 participants

LANGUAGES: English, French, Spanish, Inuktitut, and Norwegian; Large print and Braille also available

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 registered trainers who have completed a five-day Training for Trainers (T4T) course. ASIST trainers come from diverse backgrounds, but they must all deliver regular workshops and participate in a rigorous quality control program to remain registered. For information about trainers in your area, email info@livingworks.net. A listing of upcoming workshops is available at www.livingworks.net under "Find a Training."

ASIST participants

ASIST is a resource for the whole community. It helps people apply suicide first-aid in many settings: with family, friends, co-workers, and teammates, as well as formal caregiving roles. Many organizations have incorporated ASIST into professional development for their employees. Its widespread use in various communities creates a common language to understand suicide safety issues and communicate across different organizational backgrounds.



Workshop Process

ASIST is based on adult learning principles. Valuing participants' contributions and experiences, it encourages them to take an active role in the learning process. ASIST's key features include:

Small-group learning	To facilitate involvement, participants spend over half the workshop in a small group with one of the trainers.
Audiovisual aid	High-quality slides, diagrams, and videos help participants understand and memorize concepts.
Training focus	Some participants may have previous personal or professional experience with suicide or intervention. ASIST builds on these experiences to contribute to the overall learning goal—providing suicide first-aid.
Reliable, proven model	Workshop activities are structured around the ASIST intervention model and provide applicable, hands-on skills practice.
Emphasis on individual needs	Participants learn to adapt to the specific circumstances of a person at risk and work collaboratively to help them stay safe.
Perspective matters	Participants are encouraged to reflect on and share their own attitudes about suicide and suicide intervention. This helps them understand how their perspectives may affect their role in providing help to a person at risk.
Direct approach	By encouraging honest, open, and direct talk about suicide, ASIST helps prepare to discuss the topic with a person at risk.
Adaptable components	ASIST trainers can tailor certain features of the program, such as role-playing activities, to meet participants' professional or cultural needs.



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Updated editions since 1983 for continued growth and improvement



6,300+

ASIST trainers offer workshops in over 30 countries

1,000,000+

people have taken ASIST worldwide

I use ASIST in virtually every crisis situation, volunteer and work... Thank you for this *life-changing program.*

—ASIST participant

About LivingWorks: Dedicated to creating suicide safety through proven, high-quality programs, LivingWorks Education has been the world leader in suicide prevention training for over thirty years. To learn more, visit www.livingworks.net.

