



ASIST

APPLIED SUICIDE INTERVENTION SKILLS TRAINING

Ideal for health professionals and industry workers working with vulnerable populations.



Suicide is preventable. Anyone can make a difference.

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.

ABOUT THE COURSE

During the two-day workshop you will 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

BOOK NOW:

Attendance Numbers: Min 8, Max 30

Duration: 2 days

Cost: \$5,500 incl. tax

Catering is optional at an additional cost

To book or for more information

email: suicideprevention@thcfa.org.au

I-ASIST TRAINING

We offer tailored training for First Nations People delivered by an Indigenous Trainer.

OTHER COURSES AVAILABLE:

- Youth Mental Health First Aid
- Mental Health First Aid
- My Toolbox to Wellbeing
- safeTALK & safeYARN



Manager, HealthAccess Mind Care
suicideprevention@thcfa.org.au
02 4062 8907



Find out more:
thcfa.org.au



**THE HEALTHY
COMMUNITIES
FOUNDATION
AUSTRALIA**