

APPLIED SUICIDE INTERVENTION SKILLS TESTING (ASIST')



**Five Hills
Health Region**

Healthy People – Healthy Communities

ASIST is a two day, skills-building workshop that prepares caregivers of all kinds to provide suicide first aid interventions. Professionals, volunteers and informal helpers all need to know how to help persons with thoughts of suicide in ways that increase their suicide safety.

As an ASIST trained first aid intervention caregiver, you will be better able to identify people who have thoughts of suicide, understand how your beliefs and attitudes can affect suicide interventions, seek a shared understanding of the reasons for thoughts of suicide and reasons for living, review current risk and develop a plan to increase safety from suicidal behavior for an agreed amount of time, and follow up on all safety commitments, accessing further help as needed.

To find a workshop and learn more, [click here](#).