



ASIST®

Applied Suicide Intervention Skills Training



LivingWorks

invites you to

ASIST

Learn suicide first aid

For all kinds of caregivers ~
professional workers, volunteers,
responding to family and friends

suicide safer communities

saving lives
for tomorrow



If you need to talk

13 11 14

24-hour telephone counselling

Your community LivingWorks provider

LivingWorks Office

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About LivingWorks

Our mission is to create learning experiences that help communities prevent suicide.

LivingWorks has been widely accepted and valued in Australia since its introduction in 1995. Founded in Canada in 1983, LivingWorks is now available in many countries including Norway, the USA, New Zealand, Singapore, Japan and the UK. Over half a million have participated worldwide - nearly 50,000 in Australia.

ASIST trainers complete a 5-day LivingWorks train the trainer course. Over 450 trainers in Australia and New Zealand combine their knowledge of local communities with the benefits of standardised LivingWorks training and materials.

LivingWorks' commitment to quality also includes reviewing feedback, updating content, improving learning processes, ongoing evaluation and trainer support.

Other LivingWorks programs are companions to ASIST. They seek to increase awareness of suicide and explore ways the whole community might respond.

Find out more : www.livingworks.org.au

LivingWorks in Australia is a Lifeline national service.

Create life-assisting communities

Most people with thoughts of suicide would rather live. How can we hear their distress and at the same time strengthen their reasons for living?

Over 40 people take their own lives each week. How can we reduce the number of people who die by suicide or sustain injuries through self-harm?

LivingWorks training programs like ASIST are designed to help promote suicide safer communities.

ASIST

Applied
Suicide Intervention
Skills Training

... It begins with you

Most people thinking about suicide signal their pain and intentions - they offer us opportunities to respond.

This is the prevention opportunity.

Suicide first aid learned in ASIST can help all of us see, hear and respond to these invitations.

It prepares us to work with persons at risk to increase their immediate safety and get further help.

Learn suicide first aid

Any of us could face a situation where suicide first aid is needed.

In ASIST you will:

- Discuss suicide risk and safety openly and directly
- Consider how attitudes and experiences affect helping
- Learn and apply a model for suicide first aid intervention
- Share ways to care for and support yourself as a helper

Interactive learning is stimulated by teaching and audio-visuals. Small groups increase opportunities for discussion and skills practice. Attendance at both days is essential.

The benefits live on

ASIST applies in everyday situations with family, friends, co-workers or teammates and in professional roles or volunteering.

Become better prepared to:

- Recognise when someone may be thinking of suicide
- Respond in ways that clarify and address suicide risk
- Understand why suicide thoughts are present
- Work together to review risk and increase safety
- Facilitate links with further help

Benefits live on in the lives of those we help.