

LivingWorks  
invites you to



# Applied Suicide Intervention Skills Training

A two-day interactive workshop in suicide first-aid

Suitable for all kinds of caregivers ~ professional workers, volunteers, people responding to family, friends and co-workers

*Make a difference ~ Come to ASIST ~ Learn how to help.*



If you need to talk

**13 11 14**

24-hour telephone counselling

Your community LivingWorks provider

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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. Starting in Canada in the early 1980s, LivingWorks is now available in many other countries including Norway, the USA, New Zealand and the UK. Almost half a million have participated worldwide - over 25,000 in Australia.

ASIST trainers complete a 5-day LivingWorks train the trainer course. Over 250 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](http://www.livingworks.org.au)

LivingWorks in Australia and the South Pacific is auspiced by Lifeline

# The challenge

## *Create a life-assisting community . . .*

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?

How can we reduce the number of people who die by suicide or sustain injuries through acts of self-harm?

While suicide rates in Australia have been declining in recent years, 45 people still take their own lives each week.

Suicide first aid helps meet some of the challenges in reducing suicidal behaviour. It could help save a life.

# The opportunity

## *It begins with you . . .*

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

Suicide intervention training can help all of us see, hear and respond to these invitations.

Suicide first aid is an important part of intervention training. It can make us more alert to invitations for help. It can also increase our confidence to ask about suicide when someone's safety may be in the balance.

If someone is at risk, suicide first aid prepares us to work with them to increase their immediate safety and get further help.

# The workshop

## *Learn suicide first aid . . .*

ASIST trains participants to reduce the immediate risk of a suicide and increase the support for a person at risk.

The workshop provides opportunities to learn what a person at risk may need from others in order to keep safe and get more help.

It encourages honest, open and direct talk about suicide as part of preparing people to provide suicide first aid. Participants also consider how personal attitudes and experiences might affect their helping role with a person at risk.

Active participation is encouraged. It is stimulated by audio-visuals and working with others in small groups. A suicide first aid model provides a framework for skills practice.

Attendance at the full two days is essential.

# The benefits

## *The benefits live on . . .*

ASIST helps people apply suicide first aid in many settings - with family, friends, co-workers and in more formal helping relationships. Benefits can be found in everyday situations, professional work, or volunteering.

Become better prepared to:

- recognise invitations to help
- reach out and offer support
- review the risk of suicide
- work with persons at risk to develop their safeplan
- link with community resources.

People remember and use what they learned at ASIST.

Benefits live on in the lives of those we help.

