

## Provide a Suicide First-Aid Intervention

*LivingWorks ASIST (Applied Suicide Intervention Skills Training) is a 2-day, interactive, skills-based workshop that prepares people to provide suicide first aid using a unique 6-task model.*

### Who Should Attend?

Anyone aged 16+ years is encouraged to take LivingWorks ASIST. It provides a suicide first-aid intervention model for relationships with family, friends, and co-workers. It can also be incorporated into more formal helping roles such as counselling, health care, crisis services, or chaplaincy. You can play a vital role in creating Networks of Safety from suicide.

### What Will You Learn?

In LivingWorks ASIST you will learn how to help someone thinking about suicide develop a personalised SafePlan to keep safe-for-now and connect with further help.

You will learn to apply a Safety Framework to guide the development of this SafePlan through a collaborative helping relationship.

You will also consider how personal and community attitudes about suicide affect someone's openness to seek help and your ability to provide it.

This workshop will increase your willingness, confidence, and capacity to provide suicide first aid.

### How Will You Learn?

We aim to provide a safe learning environment. The learning process includes:

- Trainer presentations and powerful videos to stimulate discussion and support learning
- Extensive opportunities for skills practice
- Shared participant experiences that enrich learning
- Trainer-facilitated workgroups to optimise participation

Direct and honest discussion about suicide is encouraged. While sometimes challenging, this prepares helpers to openly approach people with thoughts of suicide, and to help them keep safe.

### Where Can You Find Out More?

A growing body of published research and evaluation supports the value of this training to individuals and organizations while informing program improvements.

More than one million people have attended LivingWorks ASIST globally over 35 years. Use the contacts below to find out more.