

APPLIED SUICIDE INTERVENTION SKILLS (ASIST)

Applied Suicide Intervention Skills Training (ASIST) is for everyone aged sixteen or older who wants to be able to provide suicide first aid, regardless of prior experience. Shown by major studies to significantly reduce suicidality, the ASIST model teaches effective intervention skills while helping to build suicide prevention networks in the community.

AIMS

Many professionals attend ASIST because suicide intervention skills are essential for their work. In some organisations, ASIST is a mandatory component of training. Nurses, physicians, mental health professionals, pharmacists, teachers, counsellors, youth workers, police, first responders, correctional staff, school support staff, clergy, and volunteers have all found that ASIST complements their existing training and knowledge.

COURSE BRIEF

During the two-day interactive session, participants learn to intervene and help prevent the immediate risk of suicide. Over a million people have taken the workshop, and studies have shown that the ASIST method helps to reduce suicidal feelings for those at risk.

WORKSHOP FEATURES

- Presentations and guidance from two Living Works registered trainers
- A scientifically proven intervention model
- Powerful audio-visual learning aids
- Group discussions
- Skills practice and development
- A balance of challenge and safety

WHAT IS COVERED

The ASIST workshop is divided into five sections that follow in a logical progression to gradually build comfort and understand around suicide and suicide intervention.

- **Preparing:** Sets the tone, norms, and expectations of the learning experience.
- **Connecting:** Sensitises participants to their own attitudes towards suicide. Creates an understanding of the impact that attitudes can have on the intervention process.
- **Understanding:** Monitors the intervention needs of a person at risk. It focuses on providing participants with the knowledge and skills to recognise risk and develop safe plans to reduce the risk of suicide.
- **Assisting:** Presents a model for effective suicide intervention. Participants develop their skills through observation and supervised simulation experiences in large and small groups.
- **Networking:** Generates information about resources in the local community. Promotes a commitment by participants to transform local resources into helping networks.

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COURSE MATERIALS

Participant materials include a twenty-page workbook, wallet card, and stickers. Participants also receive a certificate upon completing the workshop.

COURSE DURATION AND SIZE

ASIST is held over two consecutive days and up to thirty participants can attend. ASIST workshops always have a minimum of two active ASIST trainers present for the entire two days.

VENUE AND EQUIPMENT

You will provide the training venue. If the number of participants were to exceed sixteen, then two separate training rooms will be required. The first room needs to accommodate seating for thirty people and the second breakout room must seat fifteen. Rooms require chairs only (as tables are not required). Both Rooms must be suitable for showing a PowerPoint presentation; the trainers will bring their own laptop and projector. You will need to supply x1 Flipchart stand and paper.

TIMING

Day 1 starts at 9 am and finishes at 4.30 pm, while Day 2 starts 9.30 am and finishes at 4.30 pm.

Delivery Options

Two full days of training delivery

Minimum number 15 – to maximum 30

Please contact training@bristolmind.org.uk for fees