



# ASIST

INTERVENTION

**2 Day Practical Suicide Intervention Skills Training For Everyone (16 yr +)**

Understand the needs of a person with thoughts to suicide

Know how to safely meet those needs through proven conversational framework

## Applied Suicide Intervention Skills Training (ASIST)

ASIST is a two-day interactive workshop in suicide first-aid. ASIST teaches participants to recognize when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—ASIST can be learned and used by anyone.

### ASIST makes a difference

As the world's leading suicide intervention workshop, LivingWorks' ASIST program is supported by numerous evaluations including independent and peer-reviewed studies. Results demonstrate that ASIST helps participants become more willing, ready, and able to intervene with someone at risk of suicide.

ASIST is also proven to reduce suicidality for those at risk. A 2013 study that monitored over 1,500 suicidal callers to crisis lines found that callers who spoke with ASIST-trained counselors were 74% less likely to be suicidal after the call, compared to callers who spoke with counselors trained in methods other than ASIST. Callers were also less overwhelmed, less depressed, and more hopeful after speaking with ASIST-trained counselors.

**Focus:** Suicide intervention training

**Duration:** Two days (15 hours)

**Participants:** Anyone 16 or older

**Trainers:** A-OK.NZ Trainers X 2

**Developers:** Livingworks [www.livingworks.net](http://www.livingworks.net)

**A-OK Trainers:** Our trainers have been delivering these workshops across NZ for over 10 years

### Goals and Objectives

In the course of the two-day workshop, ASIST participants learn to:

- Understand the ways personal and societal attitudes affect views on suicide and interventions
- Provide guidance and suicide first-aid to a person at risk in ways that meet their individual safety needs
- Identify the key elements of an effective suicide safety plan and the actions required to implement it
- Appreciate the value of improving and integrating suicide prevention resources in the community at large
- Recognize other important aspects of suicide prevention including life-promotion and self-care

### Workshop Process

ASIST is based on adult learning principles. Valuing participants' contributions and experiences, it encourages them to take an active role in the learning process. ASIST's key features include:

- Small-group learning** - safe learning environment
- Audiovisual aid** - High quality slides, diagrams and videos
- Training focus** - Safely builds on participant experiences
- Reliable, proven model** - provide hands-on practice
- Emphasis on individual needs** - Adapting to their needs
- Perspective matters** - Self reflections are encouraged
- Direct approach** - Encourage honest, open and direct talk
- Adaptable components** - can tailor to suit participants

### ASIST participants

ASIST is a resource for the whole community. It helps people apply suicide first-aid in many settings: with family, friends, co-workers, and teammates, as well as formal caregiving roles. Many organizations have incorporated ASIST into professional development for their employees. Its widespread use in various communities creates a common language to understand suicide safety issues and communicate across different organizational backgrounds.

