



ASIST



Canadian Mental
Health Association
Nova Scotia
Mental health for all

APPLIED SUICIDE INTERVENTION SKILLS TRAINING

ABOUT 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.

LEARNING OBJECTIVES

- Recognize that caregivers and persons at risk are affected by personal and societal attitudes about suicide.
- Discuss suicide with a person at risk in a direct manner.
- Identify risk alerts and develop a safe plan related to them
- Demonstrate the skills required to intervene with a person at risk of suicide.
- List the types of resources available to a person at risk of suicide, including themselves.
- Make a commitment to improving community resources and networking.
- Recognize that suicide prevention is broader than suicide intervention and, includes life promotion and self-care for persons at risk and for caregivers.

Looking for more information about suicide prevention?

Visit our CAST Hub:
www.novascotia.cmha.ca/cast_resourcehub

DETAILS:

- ASIST workshops are taught over two days (*14 hours class time with an hour lunch break both days*)
- Participants can include but not limited to: parents and caregivers; natural helpers and advisors; educators and ministers; health practitioners; justice, law enforcers, emergency workers, and community volunteers. (*For ages 18+*)
- The course costs \$275 per person and includes course materials and nutritional breaks.

To learn more about ASIST or book a training session, contact:

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