



Canadian Mental
Health Association
Nova Scotia
Mental health for all



Accredited
IMAGINE CANADA

Learn the Skills.

Help Save a Life.



ASIST

**Applied Suicide Intervention
Skills Training**

Two-Day Suicide Intervention Training

ASIST participants learn to:

- ➔ 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.
- ➔ Recognize other important aspects of suicide prevention including life-promotion and self-care.

Canadian Mental Health Association Nova Scotia Division
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Dartmouth, Nova Scotia | B2W 6C4

Website: www.novascotia.cmha.ca | **Charitable Number:** 133465609RR000

Suicide is preventable. Anyone can make a difference.

It can be daunting to ask someone if they're experiencing suicidal thoughts.

Knowing how to approach the conversation and having the tools to support them can give you the confidence to help someone in need.

Trusted by professionals and approved by the World Health Organization, Applied Suicide Intervention Skills Training (ASIST) is the only workshop of its kind. ASIST has been training people to provide suicide first aid interventions for 40 years.

All participants will receive a certificate at the end of the course.

** Please Note: ASIST is not suitable for those who have recently been seriously impacted by suicide.*

To book your workshop contact our Education and Training Team today!

By Email: education@novascotia.cmha.ca
By Phone: 1-877-466-6606 x 401

