

Applied Suicide

Intervention Skills

Training (ASIST)



Overview

In Applied Suicide Intervention Skills Training (ASIST), people learn to apply a suicide intervention model. It helps caregivers recognise when someone may be at risk of suicide. It then explores how to connect with them in ways that understand and clarify that risk, increase their immediate safety and link them with further help.

The **two-day** ASIST workshop is open to anyone 16 or older. Widely used by both professionals and the public, ASIST offers something to every participant, no matter how experienced.

Aim

ASIST supports suicide-safer communities. This comprehensive training provides knowledge and skills to recognise when a person may be having thoughts of suicide, respond in ways that help increase their immediate safety and refer them to appropriate help.



Learning Objectives

Attend the award-winning ASIST workshop and learn to:

- recognize people at risk of suicide,
- talk to them, hear their stories, and understand their situations, then
- Help them stay safe with a life-affirming intervention.

Format

Two-Day Face-to-Face Workshop,
9am-5pm both days

Resources

Participant Kit
Handouts

To Register and view our other open workshops

CLICK HERE

Or enquire about exclusive training for your workplace:

E: lifeline.training@ucommunity.org.au