



COMMUNITY INTEREST COMPANY

Applied Suicide Intervention Skills Training

ASIST

Who is the course for?

ASIST is suitable for everyone including: community volunteers, mental health professionals, nurses, teachers, councillors, youth and adults workers, police and faith leaders, workers in health, welfare or justice.

Our offer

KSL's team of professional and highly experienced ASIST accredited trainers ensures the training is provided to the highest standards.

We research into your exact needs pre-course to better cater to your specific demands.



The Challenge

Every year more people die by committing suicide than from all of the armed conflicts around the world and, in many places, than those dying in traffic accidents. As many as 6% of the population worldwide have serious thoughts of suicide each year. How can further deaths and injuries be prevented? How can we support people to choose life when something prevents them from seeing a way forward?

The solution

Applied Suicide Intervention Skills Training is a two-day intensive interactive workshop that trains caregivers to intervene and prevent the immediate risk of suicide. ASIST is an internationally recognized program, licensed through our instructors, approved by **Living Works** in Canada. The emphasis of the ASIST course is on suicide first aid, on helping a person at risk stay safe and seek further help if needed.

Evaluation has shown that the training course increases caregivers' knowledge and confidence to respond to a person at risk of suicide and that intervention skills are retained over time and to save lives.

Outcomes of the course include learning how to:

- Identify people who have thoughts of suicide and recognise their invitations for help
- Review current risk of suicide and develop a plan to reach out and offer support
- Apply a suicide intervention model



For more information contact us: Knowledge Support Learning CIC

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