

ASIST Training Workshop

Enclosed **ASIST (Applied Suicide Intervention Skills Training)** application. This training is aimed at professionals and individuals who are working in an area where they are likely to encounter someone who is at risk of suicide. If you are interested in attending, please fill in application form attached. Places are limited to twenty-four participants on each course; therefore, preference will be given to potential participants who are working within the Western Trust area.

The ASIST workshop can be very intense; therefore, consideration is given to the relevance of the training to the individual's current role and to their experience to date of mental health issues. The ASIST program exists within a suite of suicide prevention training, and it is recommended that potential candidates have experience or some training in mental health issues before attending this course, for example, attend training in mental health promotion or suicide prevention awareness (safeTALK). Preference will be given to those who are currently working in an area where they are likely to encounter someone who is at risk of suicide.

It is recommended that anyone who has been bereaved or affected by a suicide within the past 12 months do not attend, as structured training like ASIST is probably not what they need. For more information for persons bereaved or affected by suicide, contact Suicide Liaison Officer on 028 71 320138.

Due to the high demand for places a received application is not a guarantee of a place on the next available workshop. If your application is accepted, we cannot guarantee you get a place on your chosen workshop. A waiting list will be maintained and you will be contacted as and when a place becomes available on future workshops scheduled.

Yours sincerely

The Clear Team



ASIST

Applied Suicide Intervention Skills Training

Applied Suicide Intervention Skills Training (ASIST)

Aim: ASIST is a two-day intensive, interactive and practice-dominated course designed to help caregivers recognise risk and learn how to intervene to prevent the immediate risk of suicide.

Content: Connecting – sensitize participants to their own attitudes towards suicide.

Understanding – focuses on providing participants with the knowledge and skills to recognise risk and develop safeplans.

Assisting – presents a model of effective suicide intervention.

Networking – generates information about resources in the local community.

For Whom: This workshop is a gatekeeper program suitable for mental health professionals, social workers, counsellors, ambulance staff, community volunteers, etc.

It is recommended that participants attend suicide awareness training e.g. safeTALK, Mental Health First Aid (MHFA) prior to doing this workshop.

Method: Participants develop their skills through observation, supervised simulations experiences and role play in large and small groups.

For further information on training please contact:

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