



ASIST

Applied Suicide Intervention Skills Training

This training saves lives

LivingWorks Applied Suicide Intervention Skills Training (ASIST) aims to enhance a caregiver's abilities to help a person at risk avoid suicide. Participants learn to recognise when someone may be at risk of suicide and respond in ways that help increase their immediate safety and link them to help.

Although it is highly standardised, ASIST has been used in a range of settings with trainees from a variety of backgrounds and countries. ASIST has been implemented in secondary and post-secondary schools, mental health centres, hospitals, social services, public safety agencies and numerous other community settings.

Extensive evaluations of ASIST outcomes have shown that participants demonstrate increased intervention skills, and that ASIST training has led to positive changes in both knowledge and attitudes about suicide.

ASIST is based on principles of adult learning. It values the experiences and contributions that participants bring and encourages people to share actively in the learning process.

Supported by



Key Features

- ASIST facilitates involvement. Participants will spend over half of the workshop in the same small group with one of the two trainers.
- Learning is stimulated by audiovisuals and teaching. A suicide first aid model provides the framework for the workshop and skills practise.
- The workshop provides opportunities to learn what a person at risk may need from others in order to keep safe and get more help. Participants consider common factors that may flag potential suicide risk.
- ASIST has a training focus. Personal and professional experiences that participants bring contribute to everyone's learning. Experiences with suicide and intervention are focused on the overall learning goal which is to provide suicide intervention first aid.
- Participants are also encouraged to share and reflect on their attitudes about suicide and suicide intervention and hear those of others. People are invited to reflect on how these attitudes may affect their caregiver role with a person at risk and to appreciate diverse perspectives.
- The workshop encourages honest, open and direct talk about suicide as part of preparing people to provide suicide intervention first aid.

Lifeline is a not-for-profit organisation that promotes, preserves and protects life. The mission of our training division is to build community capacity and skills for life through a range of specialised training programs to meet the needs of individuals and groups.

For further information
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If you have lost someone to suicide in the last year or so, please speak with one of our training team members before participating in an ASIST workshop. We recommend that you delay your participation although we appreciate that everyone grieves differently.

