

Learn how
you can help

It is your
business

Suicide
prevention



" I can honestly say that I have never been on such a worthwhile course in such a long time."

"*ASIST* has enabled me to feel comfortable when in difficult situations. Situations I would have avoided before."

"The *ASIST* training helped me to stop a family member from taking their own life."

"Very informative, made sense of how to manage and help with a very sensitive subject."

"I feel that everyone, no matter what line of work they are in, would greatly benefit from this workshop."



ASIST: A LivingWorks' programme

LivingWorks' programmes have been an important part of national and regional suicide prevention strategies worldwide for almost 25 years.

Integrated and co-ordinated, LivingWorks' programmes help communities develop suicide-safer attitudes and practices.

They are interactive, easy to learn and practical.

Currently, there are over **3,500 ASIST trainers** around the world and over **half a million** people have taken *ASIST*. In Scotland *ASIST* is delivered by Choose Life, the national strategy and action plan to prevent suicide. Every month, around 350 people are being trained in *ASIST* throughout the country.

To find a workshop near you, please visit www.chooselife.net or phone 0141 242 0376.

chooselife

A national strategy and action plan
to prevent suicide in Scotland



LivingWorks

www.livingworks.net

The challenge

Every year more people die by suicide than from all of the several armed conflicts around the world and, in many places, about the same or more than those dying in traffic accidents. For every suicide, there may be up to 100 times more who are injured by non-fatal suicidal behaviours.

In any year, as many as 6% of the population have serious thoughts of suicide.

- 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 opportunity

Most people considering suicide share their distress and their intent. Training can help us see and respond to these invitations to help. It can give you the confidence to ask about suicide if you are concerned about someone's safety. It can provide you with the tools to help prevent the immediate risk of suicide.

Suicide prevention ... it is your business.
Learn how you can help by contacting
Choose Life today.

ASIST

Applied
Suicide Intervention
Skills Training

The workshop

ASIST provides practical training for caregivers seeking to prevent the immediate risk of suicide.

Participants often include:

- people concerned about family, friends
- natural helpers and advisers
- emergency service workers
- counsellors, teachers and ministers
- mental health practitioners
- workers in health, welfare or justice
- community volunteers

Working mostly in small groups of one trainer to no more than 15 participants, *ASIST* uses many different teaching processes to create a practice-oriented and interactive learning experience.

The outcome

The emphasis of the *ASIST* workshop is on suicide first aid, on helping a person at risk stay safe and seek further help. Attendance at the full two days is essential.

Learn how to:

- recognise invitations for help
- reach out and offer support
- review the risk of suicide
- apply a suicide intervention model
- link people with community resources

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