

APPLIED SUICIDE INTERVENTION SKILLS TRAINING

 **ASIST**



Is this training for me?

Anyone can take ASIST to become more ready, willing, and able to talk about suicide and help others. People from a variety of backgrounds take ASIST for personal and professional reasons.



Become more suicide alert

Learn how to recognize when someone may be thinking about suicide.



Collaborate for Safety

Learn how to provide a skilled intervention and develop a safety plan to keep people safe.



Understand Attitudes

Consider how personal and cultural attitudes about suicide affect someone's openness to seek help and your ability to provide it.



Gain confidence and comfort

Increase your willingness, confidence, and capacity to provide suicide prevention support.

OCTOBER 29 & 30, 8:30AM-4:30PM

Cost: \$300 per person

Location: 1575 Military Row, Comox (Military Family Resource Centre)

To register or learn more, call or visit:



250-338-2700



www.pacifictherapy.ca/asist.html