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## REGISTRATION FORM

Name: \_\_\_\_\_

Address / Agency: \_\_\_\_\_  
\_\_\_\_\_

Telephone No: \_\_\_\_\_

Fax : \_\_\_\_\_

E-Mail: \_\_\_\_\_

Please make cheque for \*\$140.  
payable to: "CMHA Brant" and send  
along with completed registration form  
to:

CMHA Brant  
44 King Street, Suite 203  
Brantford, ON  
N3T 3C7

Registration deadline: March 9, 2012

*Refunds for cancellations later than  
March 9, 2012 are subject to a 20%  
administrative fee. For more  
information, call 519-752-2998, ext.  
112\* Costs include: lunch, coffee  
breaks, materials and  
Certificate of Completion.*

## ASIST: A LivingWorks™ Program

LivingWorks™ has been helping  
communities become suicide safer for  
almost **25 years**.

LivingWorks™ programs are an  
important part of national and regional  
prevention strategies worldwide.

Integrated and coordinated,  
LivingWorks™ programs help  
communities develop suicide-safer  
attitudes and practices. They are  
interactive, easy to learn and practical.

Currently, there are over **3,000 ASIST  
trainers** around the world. Over **half a  
million** people have taken ASIST.

Your LivingWorks™ Certified Trainers  
are:

- Lill Petrella, Master Trainer,  
Canadian Mental Health  
Association, Brant County Branch
- Joanne Cleland, Master Trainer,  
Canadian Mental Health  
Association, Haldimand-Norfolk  
Branch



CANADIAN MENTAL  
HEALTH ASSOCIATION  
ASSOCIATION CANADIENNE  
POUR LA SANTÉ MENTALE



ASIST



## A.S.I.S.T. Applied Suicide Intervention Skills Training

*A two-day suicide first aid  
interactive workshop for  
community caregivers*

Thursday, March 22, 2012

9:00 a.m. - 4:00 p.m.

&

Friday, March 23, 2012

9 a.m. - 4:00 p.m.

The Salvation Army  
Wyndfield Community Church

33 Diana Ave

Brantford, ON

## **The Challenge**

Suicide is one of the world's largest public health problems, and more lives are lost to suicide than in wars and homicides worldwide every year.

Many more people's lives are affected by the problem of suicide by having lost someone as a result of suicide. Millions of people each year make suicide attempts. 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 another way out?*

## **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. It can provide you with the tools to help prevent the immediate risk of suicide.

*It begins with you.*

## **The Workshop**

AS/ST provides practical training of caregivers seeking to prevent the immediate risk of suicide.

Participants often include:

- Persons concerned about family, friends
- Natural helpers and advisors
- Emergency service workers
- Counsellors, teachers and ministers
- Mental health professionals
- Workers in health, welfare or justice
- Community volunteers

Working mostly in small groups, AS/ST uses many different teaching processes to create a practice-oriented interactive learning experience.

## **The Outcome**

The emphasis of the AS/ST workshop is on suicide first aid, on helping a person at risk stay safe and seek further help.


Learn how to:

- ✓ Recognize invitations for help
- ✓ Reach out and offer support
- ✓ Review the risk of suicide
- ✓ Apply a suicide intervention model
- ✓ Link people with community resources

Evaluations have 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.

*Attendance at the full two days is mandatory to receive certification.*

## *Testimonials*



*“My overall level of confidence in dealing with this type of situation increased 100%, both in knowledge and skills”*

