



ASIST

Applied Suicide Intervention Skills Training

Create a life-assisting COMMUNITY

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

If you are interested in registering
for the next community ASIST
contact Joanne Cleland, CMHA
at 519 428-2380 ext. 211 or
e-mail jcleland@cmha-hn.ca

ASIST is a **LivingWorks™** program

- Integrated and coordinated, **LivingWorks™** programs help communities develop suicide-safer attitudes and practices.

What is ASIST?

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

Participants often include;

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

Haldimand – Norfolk has five Community **LivingWorks™** certified trainers.

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Supported by Suicide Prevention
Network of Haldimand-Norfolk



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**Suicide can be prevented with the
help of prepared caregivers**