

Seeking skills to prevent suicide?

The Crisis Centre is offering an ASIST workshop on January 19 & 20

ASIST (**A**pply **S**uicide **I**ntervention **S**kills **T**raining) is a two-day workshop that builds skills and confidence in suicide intervention. It is suitable for anyone in contact with people at risk.

As an ASIST-trained first aid intervention caregiver, you will be better able to:

- Identify people who have thoughts of suicide;
- Understand how your beliefs and attitudes can affect suicide interventions;
- Intervene with someone at risk for suicide;
- Review current risk and develop a plan to increase safety from suicidal behavior.

Enjoy group discussions, take part in multimedia presentations and practice your skills in an engaging and safe environment.

Participation in the two full days is required. A certificate provided upon completion. Fees: \$250 / \$180 (students/volunteers).

To attend this training, mail or fax registration form (attached) or contact info@crisiscentre.bc.ca

For more information: Iripley@crisiscentre.bc.ca

How will I know if they are really suicidal?

Is it just a cry for help? Or something more serious?

What if they get angry, or deny feeling suicidal?

What if I say the wrong thing?



ASIST

Learn suicide intervention skills

- WHAT** Applied Suicide Intervention Skills Training
- GOAL** Learn suicide first aid intervention skills
- WHO** Community and professional caregivers
- TIME** Two consecutive days
- BY** Minimum 2 trainers to 30 participants maximum
- USES** Workbook, handbook, wallet card, certificate, stickers

For more information on the Crisis Centre, visit:
<http://www.crisiscentre.bc.ca>

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