






# Applied Suicide Intervention Skills Training (ASIST)

LivingWorks ASIST is a two-day interactive workshop in suicide first-aid. ASIST teaches participants to recognise when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety.

Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop - ASIST can be learned and used by anyone.

## Goals and Objectives

ASIST makes a difference. During the 2-day workshop participants will learn to:

-  Understand the ways personal and societal attitudes affect views on suicide and interventions
-  Provide guidance and suicide first-aid to a person at risk in ways that meet their individual needs
-  Identify the key elements of an effective suicide safety plan and the actions required to implement it
-  Appreciate the value of improving and integrating suicide prevention resources in the community at large
-  Recognise other important aspects of suicide prevention including life-promotion and self-care



- WHEN:** 23-24 May 2023  
8.45-4.30pm each day
- WHERE:** Powerhouse Hotel Armidale  
by Rydges  
31 Marsh Street, Armidale
- COST:** \$0
- CATERED:** When booking, you will be asked for dietary considerations
- BOOK:** [HERE](#)
- ENQUIRE:** Mariea Stannard  
mariea.stannard@lifeline.org.au

This project received grant funding from the Australian Government

*If you have lost someone to suicide in the last year or so, please speak with one of our training team before participating in this program. We recommend that you delay your participation although we do appreciate that everyone grieves differently.*

For more information about ASIST, visit [www.livingworks.com.au/programs/ASIST/](http://www.livingworks.com.au/programs/ASIST/)

