



WHEN:

30th & 31st May, Huddersfield Fire Station, Huddersfield
4th & 5th July, Huddersfield Fire Station, Huddersfield

Contact: jill.shaw@swyt.nhs.uk

What is ASIST?

ASIST 11.1 (Applied Suicide Intervention Skills Training) is the most current version of the workshop and was developed by LivingWorks Education and is for everyone 16 or older; regardless of prior experience who wants to be able to provide suicide first aid. Shown by major studies to significantly reduce suicide, the ASIST model teaches effective intervention skills while helping to build suicide prevention networks in the community.

Virtually anyone age 16 or older, regardless of prior experience or training, can become an ASIST-trained caregiver. Developed in 1983 and regularly updated to reflect improvements in knowledge and practice, ASIST is the world's leading suicide intervention workshop. During the two-day interactive session, participants learn to intervene and help prevent the immediate risk of suicide. Over 1,800,000 people worldwide have taken the workshop.

Who is it for?

ASIST is suitable for everyone including community members, mental health professionals, nurses, managers, teachers, counsellors, youth workers, charity workers, emergency service personnel, prison officers, armed forces and faith leaders. No previous mental health or suicide prevention experience is necessary.

What are the workshop features?

Presentations and guidance from two LivingWorks registered trainers
A scientifically proven intervention model
Powerful audio visual learning aids
Group discussions
Skills practice and development
A balance of challenge and safety
Participant materials include a 20-page workbook, wallet card, and stickers.
Participants also receive a certificate upon completing the workshop.

ASIST helps to build regional networks of trained caregivers who can support each and use common terminology to approach suicide and safety

ASIST 11.1 Learning goals and objectives

Over the course of the two-day workshop, ASIST participants learn to:

Understand the ways that 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 safety 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

Recognize other important aspects of suicide prevention including life-promotion and self-care

Once you have received your confirmation from us, please confirm your attendance one week before the start date so we can secure your placement on the course.

PLEASE NOTE:

The course can accommodate up to 24 people, it runs more effectively with larger numbers.

If there is any significant likelihood of none attendance please let us know as soon as possible.

Too low numbers risk a cancellation of the course affecting others ability to attend and whom have looked forward to attendance.

Please prioritise your attendance.

We look forward to meeting you all.

Important:

If you have experienced bereavement by suicide within the last 12 months, we advise delaying attending this course, please feel free to contact naomi.sutcliffe@swyt.nhs.uk

Sadly we will not be able to provide lunch for the course, please ensure you bring food for the day, we will be able to advise places to purchase on the morning of your arrival.