

Applied Suicide Intervention Skills Training

Provided by NHS Cornwall & Isles of Scilly



What is ASIST?

ASIST provides **Suicide First Aid** skills to anyone who may come into contact with a person at risk. ASIST gives an introduction to the most widely used Suicide Intervention Model in the world, a model which is **applicable in all situations requiring help**.

Why take ASIST training?

Recognised by the Department of Health, ASIST is fast becoming an essential tool for all community caregivers. With over 750,000 people trained world wide, ASIST continues to grow as the primary suicide first aid program.

When is the training taking place?

Courses running throughout 2010 & 2011, please contact us for details.

What does the training involve?

ASIST is a 2 Day course. The course uses small and large groups, and requires active participation by the participants. Flexible teaching styles, simulation exercises, learning aids and audiovisual materials encourage a high level of participation. Two highly acclaimed award winning videos are used exclusively in the course.

Much of the learning occurs in small work groups. This format encourages the development of participation, trust, acceptance and mutual support. It breaks down barriers, focuses attention and heightens learning.

www.livingworks.net
www.asist.org.uk

*" ASIST has equipped me with
the skills, knowledge &
confidence....to save a life"*

Anon, June 2008

How do I book my place?

For further details please contact:

Karen Oldham
Mental Health Promotion Co-ordinator
NHS Health Promotion Service
Karen.oldham@ciospct.cornwall.nhs.uk
Or the admin team on 01209 313419

Additional Information



The goals of the training are to enable participants to:

1. Recognise that caregivers/healthcare workers and persons at risk are affected by personal and societal attitudes about suicide
2. Discuss suicide with a person at risk in a direct manner
3. Identify risk alerts and develop a safe plan related to them
4. Demonstrate the skills required to intervene with a person at risk of suicide
5. List the types of resources available to a person at risk of suicide, including themselves
6. Make a commitment to improving community resources; and
7. Recognise that suicide prevention is broader than suicide first aid and includes life promotion and self-care for caregivers/healthcare workers.

Where does ASIST come from?

ASIST was developed by LivingWorks Education in Canada 25 years ago. Wealden, Eastbourne & Lewes (WEL) Mind (formerly Lewes District & Wealden Mind) introduced ASIST to England in 2003, in recognition that there were no courses outside of front-line services, available to all caregivers (any person in a position of trust).

Who are the Trainers?

Cornwall & Isles of Scilly have trainers from a variety of backgrounds including Health, Mental Health, Public Sector. This means participants can receive additional benefits from directly experiencing how the skills learnt in ASIST are applicable across all sectors of our communities. All ASIST trainers are LivingWorks accredited.