



## Applied Suicide Intervention Skills Training (ASIST)

**April 17<sup>th</sup> & 18<sup>th</sup> – Arbroath Football Club**

### **Background**

'Suicide Prevention is everyone's business.' This is a clear message from Scottish Government and COSLA which is incorporated in Scotland's [new Suicide Prevention Strategy](#) – 'Creating Hope Together' (September 2022).

This ASIST course is free to participants to help build suicide-safer communities by upskilling practitioners with the skills to keep people with thoughts of suicide safe.

The workshop is delivered over two days and we are delighted that we have secured the skills of ASIST Trainers who all have a long track-record of delivering excellent workshops.

### **Who should attend?**

We mean it when we say that ASIST is for everyone. Anyone 16 years or older can learn and use the ASIST model. Professionals as well as members of the community have all found great value in ASIST over the years.

### **Applications**

You must have the agreement from your line manager/supervisor that you can attend this course and you must be able to attend both full days.

Although the course is free to participants it is expensive to run therefore, we need a commitment that, if you are allocated a place, you will attend or notify us as early as possible if you need to cancel.

You will be notified via email to let you know if you have been allocated a place.

Please keep the dates free for the course you have applied to attend.

**Please register to book your space as soon as possible via the link: [ASIST April 2024 Registration](#)**

**Any queries please email: [jfotheringham@hillcrestfutures.org.uk](mailto:jfotheringham@hillcrestfutures.org.uk)**

## What will you learn as an ASIST trained first aid caregiver?

After taking ASIST, you will be better able to:

- Be suicide alert – identify people who have thoughts of suicide
- Understand the reasons behind thoughts of suicide and the reasons for living
- Assess risk and safety – develop a plan to increase the safety of the person at risk of suicide
- Recognise invitations for help
- Recognise potential barriers of seeking help
- Offer support – recognise other important aspects of suicide prevention including life-promotion and self-care
- Effectively apply a suicide intervention model
- Link people with community resources

## Key features of all ASIST workshops

Each ASIST workshop shares many core features that make up the [LivingWorks](#) international standard. Here is a brief outline of what you can expect at your ASIST training:

- Held over two consecutive days for a total of 15 hours.
- Presentations and guidance from two LivingWorks registered trainers.
- Powerful audio-visual learning aids including two award-winning videos during the workshop.
- Large and smaller group discussions.
- Skills practice and development
- A balance of challenge and safety
- Local resources are provided and their availability in the community is discussed.
- Participant materials include a 20-page workbook, wallet card, and stickers. Participants also receive a certificate upon completing the workshop.

## Other details

You must attend both full days to receive accreditation.

The days run 9am-5pm and these times are non-negotiable.

You will need to supply your own refreshments.

For further information, or if you have any questions, please email Linette Cromar, Development Officer – Suicide Prevention: [cromarl@angus.gov.uk](mailto:cromarl@angus.gov.uk)

IMPORTANT: Participants need not disclose personal experiences to the whole group. Your trainers will ensure your safety throughout the workshop.