



ASIST

Applied Suicide Intervention Skills Training

**Suicide first-aid. A two-day,
skills-based workshop for
intervening with a person
thinking about suicide.**

February 24-25th, 2024

830 AM – 430 PM

Learning objectives:

- recognize that caregivers and people are affected by personal and societal attitudes about suicide;
- provide life-assisting guidance to a person thinking about suicide in a flexible manner;
- identify what needs to be in a person thinking about suicide's plan for safety;
- demonstrate the skills required to provide suicide first aid to a person thinking about suicide;
- appreciate the value of improving community resources including the way that they work together; and,
- recognize that suicide prevention is broader than suicide intervention and, includes life promotion and self care for people thinking about suicide and for caregivers.

Location: High Level, AB

10511 103 Street
High Level, AB
T0H 1Z0

Registration Contact: Cassidy Menzies

(780) 926 3192 – kmenzies@highlevel.ca

Cost: \$200 - 350

Depending on number of registrants

Includes:

- Training + Certificate
- Personal workshop kits
- Breaks + Refreshments
- Lunches