

## About the HSE's National Office for Suicide Prevention (NOSP)

The role of the NOSP is to effectively support, inform, monitor and co-ordinate the implementation of Connecting for Life, Ireland's National Strategy to Reduce Suicide, 2015-2020.

The NOSP coordinates and funds safeTALK and ASIST training at a national level and these programmes are free for all individuals to attend. ASIST is one of a number of suicide prevention training programmes available through the HSE and training is coordinated at a local level through HSE Resource Officers for Suicide Prevention and partner agencies.

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Visit [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie) for information and support services for your mental health and wellbeing.

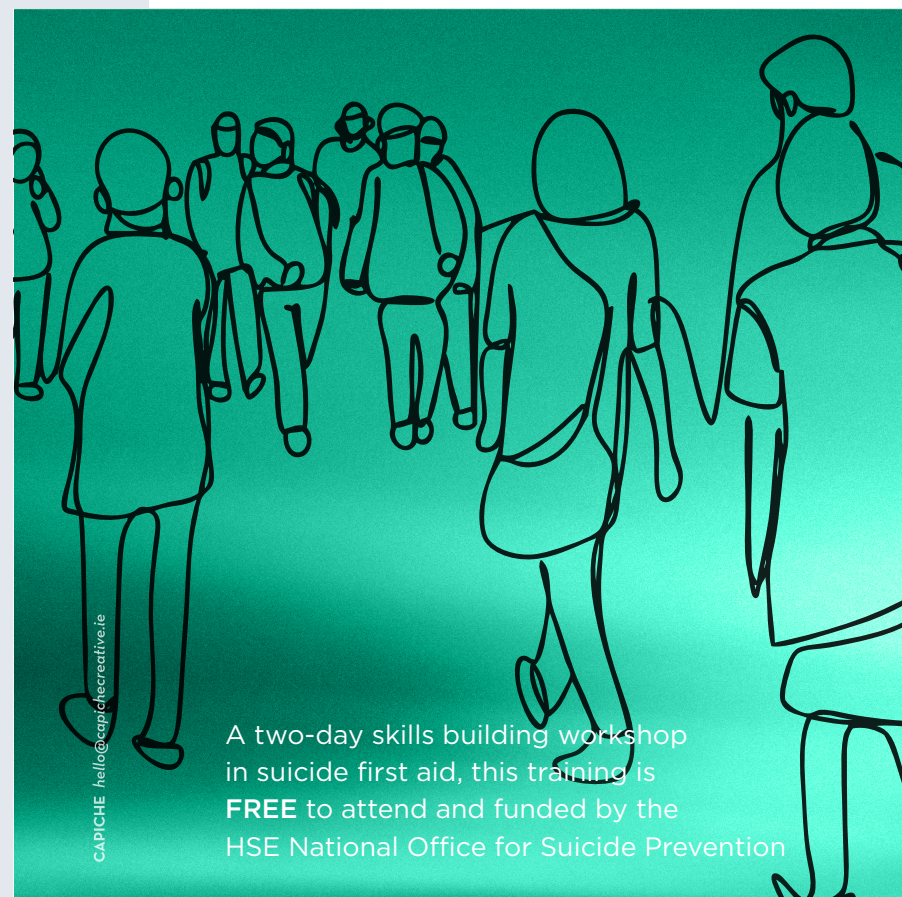
This leaflet is available to order on [www.healthpromotion.ie](http://www.healthpromotion.ie) and has been produced by;

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## Applied Suicide Intervention Skills Training



A two-day skills building workshop in suicide first aid, this training is **FREE** to attend and funded by the HSE National Office for Suicide Prevention

**Suicide first aid helps meet some of the challenges in reducing suicidal behaviour**

## The challenge

### To create a suicide safer community

Most people with thoughts of suicide would rather live.

How can we hear their distress and at the same time support people to choose life?

How can we reduce the number of people who die by suicide or sustain injuries through acts of self-harm?

Suicide first aid helps meet some of the challenges in reducing suicidal behaviour. It could help save a life.

### The opportunity

Most people thinking about suicide signal and share their pain – they offer us opportunities to respond.

Suicide intervention training can help all of us see, hear and respond to these invitations.

### Who is this training for?

This training is suitable for caregivers who regularly have contact with vulnerable groups in their work or role in the community.

## What is ASIST?

**ASIST** stands for Applied Suicide Intervention Skills Training and trains participants to reduce the immediate risk of a suicide and increase the support for a person at risk. It helps them seek a shared understanding of the reasons for suicide and reasons for living.

The workshop provides opportunities to learn what a person at risk may need from others in order to keep safe and get more help.

It encourages honest, open and direct talk about suicide as part of preparing people to provide suicide first aid. Participants also consider how personal attitudes and experiences might affect their helping role with a person at risk.

Participants will feel challenged and safe, work interactively with others in small groups, learn a suicide first aid model that provides a framework for skills practice and experience powerful audio visuals.

Attendance at the full two days is mandatory.

## The Benefits

**ASIST** helps people apply suicide first aid in lots of different settings – with family, friends, co-workers and in more formal helping relationships. Benefits can be found in everyday situations, professional work or volunteering.

Attendees will become better prepared to:

- Recognise invitations for help
- Reach out and offer support
- Review the risk of suicide
- Work with persons at risk to develop a safeplan
- Link with community resources.

People remember and use what they learned at **ASIST**.

Benefits live on in the lives of those they help.



**LIVINGWORKS**

### About LivingWorks

LivingWorks programmes have been widely accepted and valued in Ireland since their introduction in 2003. Starting in Canada in the early 1980s, LivingWorks programmes are now available in many countries including the USA, Australia, Norway, New Zealand, Northern Ireland, Scotland, England and Wales. Close to 2 million people have participated worldwide. In Ireland, in excess of 30,000 people have participated in **safeTALK** or **ASIST** training.