Lifeline South Coast
Corporate and Community Training

ASIST
APPLIED SUICIDE INTERVENTION SKILLS TRAINING

# We all have a role to play in suicide prevention

## A LivingWorks suicide intervention workshop delivered by Lifeline South Coast

### ASIST

**FOCUS:** Suicide intervention training

**DURATION:** Two days (15 hours)

**PARTICIPANTS:** Anyone 16 years or older

**TRAINERS:** Two trainers per 15 – 30 participants

**COST:** $400 plus GST per participant
(tailored packages available for workplaces or groups of 15 or more)

Applied Suicide Intervention Skills Training (ASIST) is the world's leading suicide intervention workshop. In ASIST, participants learn to apply a suicide intervention model. It helps caregivers recognise when someone may be at risk of suicide; explores how to connect with them to clarify that risk and increase their immediate safety; and link the person with further help. Studies have proven that the ASIST method helps reduce suicidal feelings for those at risk.

Participants are encouraged to share and reflect on their attitudes about suicide and suicide intervention, and hear those of others. They are invited to reflect on how these attitudes may affect their caregiver role with a person at risk and to appreciate diverse perspectives. The workshop encourages honest, open and direct talk about suicide as part of preparing people to provide suicide first-aid.

### WHO SHOULD ATTEND AN ASIST WORKSHOP?

ASIST is a suicide first-aid resource for the whole community. It is founded on the principle that everyone can make a difference in preventing suicide. The more people in the community who have suicide intervention training, the more likely it is they will be able to identify someone at risk and help to keep them safe.

Virtually anyone aged 16 or older, regardless of prior experience or training, can become an ASIST-trained caregiver and learn the skills to intervene and save a life from suicide. Professionals, workplaces, as well as members of the community at large have all found great value in ASIST over the years.

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## WHAT ARE THE FEATURES OF AN ASIST WORKSHOP?

Each ASIST workshop shares many core features that make up the LivingWorks international standard. Here is what you can expect at your ASIST training:

- ASIST is held over two consecutive days for a total of 15 hours.
- ASIST is based on principles of adult learning. It values the experiences and contributions that participants bring and encourages people to share actively in the learning process.
- ASIST workshops always have a minimum of two active ASIST trainers present for the entire two days.
- Each workshop has a maximum of 30 participants.
- Trainers show two award-winning videos in the course of the workshop. Cause of Death? provides a common starting point for the discussion of attitudes about suicide, while two versions of It Begins with You illustrate the process of a suicide intervention.
- Some parts of ASIST take place with all participants together, and others take place in a smaller work group. This helps create a balance between safety and challenge.
- Personal and professional experiences that participants bring to the workshop contribute to everyone's learning. However, participants need not disclose personal experiences to the whole group.
- Local resources are provided and their availability in the community is discussed.
- Participant materials include a 20-page workbook, wallet card, and stickers.
- Participants receive a certificate upon completing the workshop.

## WHO PROVIDES ASIST WORKSHOPS?

Each ASIST workshop is led by at least two registered LivingWorks trainers. In order to become registered, trainers must complete an intensive course called an ASIST Training for Trainers (T4T), present workshops regularly, and submit continuous quality assurance reports.

There are currently more than 200 trainers throughout Australia, and all share a commitment to excellence in suicide intervention skills training. All trainers receive ongoing support from LivingWorks as they work to build suicide-safer communities.

## ABOUT LIFELINE SOUTH COAST

Lifeline operates a national 24-hour crisis support and suicide prevention service on 13 11 14, and has been saving lives in Australia for more than 50 years.

Lifeline South Coast was established in Wollongong in 1969 and the Nowra branch was opened in 1981. We are a local charity, with a local Board, focusing on delivering suicide prevention programs to meet the needs of our local community. Lifeline South Coast's service area spans the coastal strip between Helensburgh in the north to the Victorian border in the south. Our vision is an Australia free from suicide

## WHY TRAIN WITH LIFELINE SOUTH COAST?

Lifeline ensures that all Australians experiencing a personal crisis have access to 24-hour crisis support and suicide prevention services. Somewhere in Australia, there is a new call to Lifeline every minute!

We have been working in the suicide prevention sector for many years, and have experience helping people from all walks of life understand and navigate around the issue of suicide. We know how to help!

In addition, all profits raised through Lifeline South Coast's Corporate and Community Training program go towards supporting Lifeline services in the Illawarra and South Coast including our 24-hour crisis support service on 13 11 14. So, by training with Lifeline South Coast, you are helping us save lives!

### FURTHER INFORMATION

Get in touch with our Corporate and Community Training team

**Phone** 02 4228 1311
**Email** training@llsc.org.au
**Website** www.lifelinesouthcoast.org.au

**Lifeline is available 24/7 on 13 11 14**

### NEXT ASIST TRAINING

Details of scheduled ASIST workshops can be found on our website www.lifelinesouthcoast.org.au

More information on LivingWorks training is available at www.livingworks.com.au