

'Suicide First Aid' Training Available

ASIST 'Applied Suicide Intervention Skills Training'

'The North East has the second-highest suicide rate in England'*
**(National Centre for Health Outcomes Development 2009)*

ASIST is a two-day, internationally recognised and award-winning suicide intervention programme. The ASIST workshop is designed for professionals, family or friends, who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide.

Over 900,000 people worldwide have participated in this two-day, highly interactive, practice-oriented workshop.

ASIST training provides valuable tools in which to help intervene when encountering a person at risk of suicide.

As an ASIST-trained first aid intervention caregiver, you will be better able to:

- Identify people who have thoughts of suicide;
- Understand how your beliefs and attitudes can affect suicide interventions;
- Seek a shared understanding of the reasons for thoughts of suicide and the reasons for living;
- Review current risk and develop a plan to increase safety from suicidal behaviour for an agreed amount of time;
- Follow up on all safety commitments, accessing further help as needed.

Participation in the full two consecutive days is required.

Please note: whilst this course is suitable for everyone who wants to gain the skills to help people at risk of suicide, we recommend the completion of the Mental Health First Aid course of mental health awareness course before attending ASIST, if you have little or no knowledge or experience of mental health issues. It is recommended that all attendees have formal & informal access to support/supervision in relation to suicide. We can recommend the Samaritans as a contact: 08457 909090. This course may not be suitable for persons recently bereaved by suicide.

To book: 01642 803727

e mail: training@middlesbroughandstocktonmind.org.uk

For further information about the ASIST course: www.livingworks.net



Delivered by Middlesbrough & Stockton Mind Training

Contact us on: **01642 803727**

www.mindmentalhealthfirstaid.org.uk
enquiries@mindmentalhealthfirstaid.org.uk



Middlesbrough and Stockton Mind
1st Floor, 47 Grange Rd, Middlesbrough TS1 5AU