

ASIST Training



The main aims of the Applied Suicide Intervention Skills Training (ASIST) programme are to, enable people in a position of trust **to recognise risk** and **learn how to intervene** to prevent the immediate risk of suicide. ASIST is an interactive workshop in suicide first aid. ASIST teaches participants to recognise when someone may have thoughts of suicide and how to work with them to create a plan that will support their immediate safety.

The ASIST programme empowers participants with the skills to become more willing, ready and able to help those at risk of suicide, which can be vital in a crisis situation. The ASIST programme allows participants to, prepare, connect, understand, assist and network to improve knowledge and skills for reducing suicides in our community.

ASIST teaches participants to:

- Becoming suicide alert – identifying people that may be having thoughts of suicide and understanding some of the reasons behind the internal struggle between life and death.
- Recognise invitations and barriers – how to accept invitations and respond to barriers.
- Assess risk and safety – developing a plan to help keep the person with thoughts of suicide safe.
- Application of ASIST – Learn how to effectively apply the ASIST suicide intervention model.
- Signposting – Linking people to community support resources.

Why ASIST?

- A total of 307 people took their own life in Northern Ireland in 2018, in the same period the number of female suicides rose by 12.3%. However, the suicide rate among men is still three times higher than that of females.
- People with mental health problems may be unable to think clearly and may not realise they need help or that effective help is available. They may be in some distress and would benefit from the support of an individual with the awareness and confidence to respond calmly.
- In a mental health crisis situation, the helper's actions may determine how quickly the person gets appropriate professional help

Course format and duration

Each course is delivered over two consecutive days or one day a week for two weeks or in four x three-hour sessions, by two ASIST instructors to a minimum of 14 and a maximum of 24 participants.

Course Costs

Programme delivery costs: £2460 *includes two trainers for duration and individual resources

Venue: Client site or AMH service – Free Other venue – Costs on application

Per person cost: £150



Supporting Healthy, Resilient Workplaces

