

action
mental
health

Workplace Wellbeing

Mental Health Training Programmes

ASIST










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:

-  Become 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 290 people took their own life in Northern Ireland in 2024. Suicide also continues to be the leading cause of death for men under 50 in Northern Ireland (NISRA, 2025).

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.





Programme format and duration

Duration: 15 hours delivered over two consecutive days by two ASIST instructors.

Participant numbers: 10-30

Please note that groups larger than 15 participants will require an additional room for breakout activities.

Further support

ASIST is an intensive 2 day course that deals with challenging themes around suicide and therefore it is not recommended for those who have been affected by or experienced thoughts of suicide within the past 12 months.

All participants are supported to engage with the training and the trainer is equipped to offer signposting/further support information as required at every session. If you have any concerns these can be discussed prior to any training delivery.

**Book now to
improve your
workplace wellbeing**

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Action Mental Health is a local charity supporting minds and changing lives, across Northern Ireland.

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