

# ASIST

Applied Suicide Intervention Skills Training



ASIST is a two-day, two-trainer workshop for all caregiving group members. Family, friends, and other community members may be the first to talk with someone at risk but have little or no knowledge of how to help. ASIST presents professional development for caregivers to provide suicide first aid.

- Learn how to use a suicide intervention model to identify people with suicidal thoughts and work towards a shared understanding of reasons for living and dying.
- How to develop a safeplan based upon a review of risk and prepare for follow-up
- Become involved in suicide-safer community networks.

The process is based on adult learning principles and is highly participatory. Graduated skills development occurs through mini-lectures, facilitated discussions, group simulations, and roleplay.

## ASIST Training

**Date:** Thur, May 9th & Fri, May 10th (must attend both days)

**Time:** 9:00 am - 5:00 pm

**Location:** Newport Church of God, 295 Crawford Rd. Derby, VT

Register with Kim Bodette at [kbodette@nkhs.net](mailto:kbodette@nkhs.net), limited to 24

Training provided by:



**NKHS**  
Northeast Kingdom Human Services

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