

Equip Yourself with Comprehensive Skills to Provide Suicide First Aid

ASIST is LivingWorks’ flagship suicide intervention workshop and is recognized internationally as one of the leading suicide first-aid training programs.



Participants Learn How To:

- Provide suicide first-aid intervention
- Develop personalized safety plans
- Work collaboratively with individuals experiencing thoughts of suicide
- Connect individuals to ongoing support and resources

Learning Outcomes

Participants will:

- Understand how personal and societal attitudes influence suicide prevention efforts
- Provide suicide first aid tailored to individual needs
- Develop effective suicide safety plans
- Strengthen community suicide prevention capacity
- Recognize the importance of life promotion and self-care practices
- Recieve an ASIST Certificate

Workshop Details

Item	Details
Format	In-person - Two consecutive days (16 hours total)
Age Requirement	16 years and older (parental consent required for participants under 18)
Group Size	With two trainers: • Minimum 8 - Maximum 30 participants With three trainers • Minimum 16 participant; Maximum 40 participants A comfortable group size is 12 to 20 participants.
Prerequisites	No prior training or special background is required.

