



ASIST

Applied Suicide Intervention Skills Training

## Do you come into contact with Service or Family Members at risk of suicide?

**ASIST** is a two-day, intensive suicide intervention skills-training workshop aimed at those who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. **ASIST** provides practical training and is suitable for anyone in a caring role or working with vulnerable people, from teenagers upwards.

This training is aimed at:

- Medical/dental health professionals; counsellors and therapists
- Emergency service workers; chaplains and chaplain assistants
- Anyone who cares about helping a suicidal person

### Workshop Outcomes

The **ASIST** workshop puts emphasis on suicide first aid and on helping a person at risk stay safe and seek further help. This workshop will enable you to:

- Recognize invitations for help
- Reach out and offer support
- Review the risk of suicide
- Apply a suicide intervention model

The DEARNG is seeking interested M-Day (traditional) personnel and Family Members interested in becoming **ASIST** certified. Command chain approval is required for Service Members to attend.

**ASIST** is the Army-approved intervention training for Gatekeepers (personnel most likely to come in contact with suicidal persons).

### Workshop Dates and Venues\*:

#### SRC Date (*Date change*):

**Upcoming: Wed. 31<sup>st</sup> May & Thurs. 1<sup>st</sup> June, 2017**  
Venue: Smyrna Readiness Center, 103 Artisan Drive, Smyrna, DE

#### *Additional workshops offered through MHA in DE:*

April 6-7 – New Castle County  
May 2-3 – Kent County  
June 8-9 – Sussex County

**All workshops are 0830-1630 hrs.**

For more information and to pre-register please contact:  
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*\*The course requires attendance on BOTH (TWO) days. Pre-registration is required to attend, no walk-ins will be accepted. **Limited funding available through G-1.***