



Learn the skills.

# Help save a life.

Suicide is preventable. Anyone can make a difference.

Are you worried about suicide in your community?  
Would you like to help a friend at risk of suicide?

In an ASIST workshop you will become prepared to

- Recognise when someone may be thinking of suicide
- Respond in ways that clarify and address suicide risk
  - Understand why suicide thoughts are present
  - Work together to review risk and increase safety
    - Find links for further help

**When:** 9 start -5pm Saturday and Sunday 7<sup>th</sup> and 8<sup>th</sup> April 2018

**Where:** Castlemaine Community House, 65 Templeton Street, Castlemaine

**Cost:** \$80 full/\$60 concession.

This training has been subsidized by Murray PHN, CVPCP and supported by CCH.

Limited spaces available and bookings are essential.

For further enquiries and bookings contact Kya Moore

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**phn**  
MURRAY

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