

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)

TWO DAY WORKSHOP - MILDURA

Overview

ASIST is founded on the principle that everyone can make a difference in preventing suicide. The more people in the community who have suicide intervention training, the more likely it is they will be able to identify someone at risk and intervene to keep them safe. Over 100,000 people in Australia have attended ASIST, and each workshop is led by at least two registered LivingWorks trainers. LivingWorks is a social enterprise, whose primary mission is directed to saving lives.

The training is open to community members and health professionals (over the age of 16) with a maximum of 25 participants.

Learning outcomes

During the two-day workshop, ASIST participants will learn to:

- Understand the ways personal and societal attitudes affect views on suicide and interventions
- Provide guidance and suicide first-aid to a person at risk in ways that meet their individual safety needs
- Identify the key elements of an effective suicide safety plan and the actions required to implement it
- Appreciate the value of improving and integrating suicide prevention resources in the community
- Recognise other important aspects of suicide prevention including life-promotion and self-care

Presenters

- Chris Hermans, Director of Adult and Aged Mental Health Services, Mildura Base Public Hospital
- Alexandra West, Victoria Police Senior Sergeant, Divisional Training Officer

Register for one of the following face-to-face 2023 workshops

Every two-day interactive workshop will be held at MASP, 118 Pine Avenue, Mildura:

Thursday 25 and Friday 26 May
9.30am – 5.30pm each day.

[Register here](#)



Thursday 27 and Friday 28 July
9.30am – 5.30pm each day,

[Register here](#)



Thursday 5 and Friday 6 October
9.30am – 5.30pm each day,

[Register here](#)



Please note: To get the best from this course it is important that all participants arrive on time, and that all sessions are attended on both days. Please consider this carefully in registering for this event.