

ASIST

ASIST is an accredited two day, interactive training that prepares people to provide suicide first aid interventions.

Suitable for: Anyone 16 or older (despite previous training) can learn and use the ASIST model. No previous mental health or suicide prevention experience is necessary.

Duration: 2 days

Aims and Objectives:

- > Be suicide alert - identify people who have thoughts of suicide
- > Understand the reasons behind thoughts of suicide and the reasons for living
- > Access risk and safety - develop a plan to increase the safety of the person at risk of suicide
- > Recognise invitations for help
- > Recognise potential barriers of seeking help
- > Offer support – recognise other important aspects of suicide prevention including life-promotion and self-care
- > Effectively apply a suicide intervention model
- > Link people with community resources

What are the workshop features?

- > Presentations and guidance from two Norwich Mind registered trainers
- > A scientifically proven intervention model
- > Powerful audio-visual learning aids
- > Group discussions
- > Skills practice and development
- > A balance of challenge and safety
- > Participant materials include a 20-page workbook, wallet card, and stickers. Participants also receive a certificate upon completing the workshop.

The trainers focus on providing participants with the knowledge and skills to:

- > recognise risk
- > develop safe plans to reduce the risk of suicide
- > increase the safety of the person

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