**ASIST**

***Applied Suicide Intervention Skills Training***

***A two-day interactive workshop to learn suicide prevention skills***

**Support Suicide-Safer Communities… It begins with you**

On average 8 people lose their life to suicide every day in Australia and for every suicide there are approximately 20 suicide attempts.

Most people with thoughts of suicide would rather live. Most people thinking about suicide signal their pain and intentions—they offer us opportunities to respond and therefore prevent their death.

ASIST is suicide first aid and can help all of us to see, hear and respond to these life seeking invitations. ASIST prepares us to work with persons at risk of suicide to increase their immediate safety and get further help.

Any one of us could face a situation where suicide first aid is needed. ASIST applies in everyday situations with family, friends, co-workers or teammates and in professional roles and volunteering. The benefits of ASIST live on in the lives of those we help.

**In ASIST you will:**

* Discuss suicide risk and safety openly and directly
* Consider how attitudes and experiences affect helping
* Learn and apply a model for suicide first aid intervention
* Share ways to care for and support yourself as a helper

Interactive learning is simulated through teaching and audio-visuals. Small groups increase opportunities for discussion and skills practice. Attendance at both days is **essential**.

**Become better 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
* Facilitate links with further help

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**To participate in your local ASIST Workshop,**

**please complete the attached registration form.**

**Applied Suicide Intervention Skills Training (ASIST) in Town of Port Hedland**

**WHEN:** Thursday 27 June & Friday 28 June 2019

**REGISTRATION:** Commences at 8:15

**DAY 1:** Session begins at 8:30am and finishes at 4:30pm

**DAY 2:** Session begins at 8:30am and finishes at 4:30pm

**WHERE:** Youth Involvement Council
 34 Lawson St, Sth Hedland

**MEALS: Refreshments and light lunch will be provided**

**COST:** This workshop is FREE due to funding provided by Mission Australia & the Mental Health Commission.

**PLEASE NOTE:** Sessions start on time and participants are required to attend both days.

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**REGISTRATION DETAILS:** Please register me for the two day ASIST Workshop

NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ORGANISATION: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ADDRESS: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PHONE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ FAX: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

EMAIL: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DIETARY REQUIREMENTS: ­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Places are ***STRICTLY LIMITED***.

Please register by Wednesday 19 June to secure your place.

**For more information & to book contact:**

Charlene Senior 0490 075 700 SeniorC@missionaustralia.com.au