



Learn the skills to help save a life.

Suicide is preventable. Anyone can make a difference.

Attend the award-winning ASIST workshop and learn to:

- recognize people at risk of suicide,
- talk to them, hear their stories, and understand their situations, then
- help them stay safe with a life-affirming intervention.

This two-day ASIST (Applied Suicide Intervention Skills Training) workshop is open to both professionals and college/university students in the helping profession.

Why take ASIST?

LIFE-SAVING: Anyone can experience thoughts of suicide. By giving participants the skills to help friends, family members, colleagues, and clients stay alive, ASIST supports suicide-safer communities.

TRUSTED: ASIST is the most widely used suicide intervention training workshop in the world. Over 100,000 people attend ASIST each year in more than 30 countries.

ENGAGING: ASIST is a dynamic, hands-on workshop that uses adult learning principles. It includes presentations, discussions, and audiovisuals, plus simulations to practice intervention skills.

PROVEN: ASIST works. A major 2013 study showed that the ASIST intervention process significantly reduces thoughts of suicide and helps people at risk feel more hopeful about living.¹

Upcoming ASIST Workshop: September 19th & 20th, 2017 **Time:** 9am-5pm

Where: Woodview Mental Health and Autism Services
643 Park Rd. North
Brantford, ON

To register or inquire call:
Contact Brant at 758-8228



Course Fee: FREE

(offered by the Suicide Prevention Committee of Brant for World Suicide Prevention Month)

Lunch is **NOT** provided

*A Free SafeTALK workshop (Suicide Alertness for Everyone) is available for anyone 15 years and older on **Friday October 20, 2017 from 9:00am-12:30pm**