

Applied Suicide Intervention Skills Training ASIST

Why do this training?

More people in Australia under the age of 44 die by suicide each year than any other cause. Sadly, the Northern Territory has the highest rate of suicide in the country, with people dying this way at close to double the national rate. We all have a role to play in suicide prevention.

Something can be done...

A small gesture of support can be life saving. Suicide is mostly preventable. Most people with thoughts of suicide want help to live. ASIST has saved and changed hundreds of thousands of lives around the world.

What is ASIST?

ASIST is a 2 day interactive workshop, 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.

The training provides participants with the confidence to ask about suicide and know what action to take. By learning to recognise and assess someone with thoughts of suicide, participants become more effective at helping people at risk to stay safe and seek further help.

Who attends the workshops?

People attend these workshops for different reasons.

Some attend as a professional development exercise to refresh their existing skills in suicide intervention; others attend simply because they want to be able to help someone in need, in much the same way they might learn CPR.

Workshop Features:

- Presentation and guidance from two LivingWorks registered trainers
- Local, highly experienced Alice Springs trainers
- A scientifically proven intervention model
- Powerful audiovisual learning aids
- Group discussions
- Skills practice and development

How could I use these skills?

Many people, either in a work or personal situation, find themselves in a position where they come across someone in a crisis. Knowing what to do when suicide is involved makes it easier to respond appropriately and with confidence.

2018 Courses

Alice Springs

4 - 5 April
22 - 23 May
31 July - 1 Aug
20 - 21 Nov

Tennant Creek

15-16 May



LivingWorks Australia

LivingWorks is a world leader in suicide intervention training. In fact, in Australia ASIST is the foundation training for Lifeline Telephone Crisis Supporters.

LivingWorks Education was founded in Canada in the 1983 in response to growing community concern about high suicide rates.

LivingWorks developed ASIST (Applied Suicide Intervention Skills Training) based on evidence that many people who consider suicide would rather live if they could find support to deal with their problems. Through ASIST, people can learn skills that can help someone at risk of suicide.

LivingWorks training is now used throughout the world and ASIST is the world's leading suicide intervention workshop. It was introduced to Australia in 1995 when Lifeline secured Government funding to distribute it throughout Australia. ASIST came to the NT in 1998 and since then this gatekeeper training has proved very popular. Many thousands of people in the Territory have now gained life saving skills by completing ASIST training.

Cost: \$235 (including GST) for Volunteers and Not-For-Profit Organisations
\$305 (including GST) for Government and Businesses.

Time: 8.30am – 4.30pm each day.
Lunch included.

Venue: Lifeline Training Centre

For More Information or to Register:

Contact Karen Reval at
Lifeline Central Australia
Ph: (08) 8953 1250 or email:
karen.lifelinent@bigpond.com



This ASIST course is endorsed by APEC number 027101001 as authorised by Royal College of Nursing, Australia (RCNA) according to approved criteria.

Attendance attracts 15 RCNA CNE points as part of RCNA's Life Long Learning Program (3LP).