



# Create a life-assisting COMMUNITY

April 21 & 22, 2009 • 9 am - 4 pm

## REGISTRATION FORM

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

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

TEL: \_\_\_\_\_

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

E-MAIL: \_\_\_\_\_

**Please make cheque for \$125 payable to:**  
CMHA Haldimand-Norfolk Branch

To register or for more information call  
Joanne Cleland,  
CMHA Haldimand-Norfolk Branch  
519 428-2380 Ext. 211  
[jcleland@cmha-hn.ca](mailto:jcleland@cmha-hn.ca)

Costs include: coffee breaks, materials and  
Certificate of Completion.

**REGISTRATION DEADLINE: March 27/09**



# ASIST

*Applied Suicide Intervention Skills Training*

## A LivingWorks™ program

- LivingWorks™ has been helping communities become suicide safer for almost 25 years.
- LivingWorks™ programs are an important part of national and regional prevention strategies worldwide.
- Integrated and coordinated, LivingWorks™ programs help communities develop suicide-safer attitudes and practices. They are interactive, easy to learn and practical.
- Currently, there are over 3,000 ASIST trainers around the world. Over half a million people have taken ASIST.

### Your LivingWorks™ Certified Trainers are:

Susan Roach, Program Manager  
Haldimand-Norfolk Resource Centre

Sylvia Shekalo, Supervisor, Child & Youth Crisis Services  
Haldimand-Norfolk R.E.A.C.H.



CANADIAN MENTAL  
HEALTH ASSOCIATION  
ASSOCIATION CANADIENNE  
POUR LA SANTÉ MENTALE



# Create a life-assisting COMMUNITY

A two-day suicide first aid  
interactive workshop for  
community caregivers

Tuesday, April 21, 2009  
& Wednesday April 22, 2009  
9 am til 4 pm

CMHA Haldimand-Norfolk Branch  
395 Queensway West, Simcoe, ON  
N3Y 2N4



# ASIST

*Applied Suicide Intervention Skills Training*

## The Challenge...

Suicide is one of the world's largest public health problems, and more lives are lost to suicide than in wars and homicides worldwide every year.

Many more people's lives are affected by the problem of suicide by having lost someone as a result of suicide. Millions of people each year make suicide attempts. For every suicide, there may be up to 100 times more who are injured by non-fatal suicidal behaviours.

In any year, as many as 6% of the population have serious thoughts of suicide.

*How can further deaths and injuries be prevented? How can we support people to choose life when something prevents them from seeing another way out?*



## The Opportunity...

Training can help us see and respond to these invitations to help. It can give you the confidence to ask about suicide if you are concerned about someone's safety. It can provide you with the tools to help prevent the immediate risk of suicide. It begins with you.

## The Workshop...

*ASIST* provides practical training of caregivers seeking to prevent the immediate risk of suicide.

Participants often include:

- Persons concerned about family, friends
- Natural helpers and advisors
- Emergency service workers
- Counsellors, teachers and ministers
- Mental health professionals
- Workers in health, welfare or justice
- Community volunteers

Working mostly in small groups, *ASIST* uses many different teaching processes to create a practice-oriented interactive learning experience.

## The Outcome...

The emphasis of the *ASIST* workshops is on suicide first aid, on helping a person at risk stay safe and seek further help.

Learn how to:

- Recognize invitations for help
- Reach out and offer support
- Review the risk of suicide
- Apply a suicide intervention model
- Link people with community resources

Evaluations have shown that the workshop increases caregivers' knowledge and confidence to respond to a person at risk of suicide, that intervention skills are retained over time and that they are put to use to save lives.

*Attendance at the full two days is mandatory to receive certification.*

**Cost for the two-day training is \$125**

*(Lunch not provided)*

Suicide can be **prevented** with the help of **prepared** caregivers