



# Create a life-assisting COMMUNITY

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

If you are interested in registering  
for the next community ASIST  
contact Joanne Cleland, CMHA  
at 519 428-2380 ext. 211 or  
e-mail [jcleland@cmha-hn.ca](mailto:jcleland@cmha-hn.ca)



**ASIST**

*Applied Suicide Intervention Skills Training*



# ASIST

*Applied Suicide Intervention Skills Training*

ASIST is a **LivingWorks™** program

☝ Integrated and coordinated, **LivingWorks™** programs help communities develop suicide-safer attitudes and practices.

## What is ASIST?

ASIST is a two day intensive, interactive and practice dominated course designed to help caregivers recognize risk and learn how to intervene to prevent the immediate risk of suicide.

Participants often include;

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

Haldimand – Norfolk has five Community **LivingWorks™** certified trainers.

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Supported by Suicide Prevention  
Network of Haldimand-Norfolk

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