ST JOHN OF GOD
Social Outreach

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST) is a 2-day interactive workshop in suicide first aid. Participants learn to recognise when someone may be at risk of suicide and respond in ways that help increase their immediate safety and link them to further help. **ASIST aims to enhance a caregiver's abilities to help a person at risk to avoid suicide.**

It is intended that ASIST participants will be better prepared to:

- Reflect on how attitudes and beliefs about suicide affect their intervention role;
- Discuss suicide with a person at risk in a direct manner;
- Build a collaborative approach to intervention focused on safe outcomes;
- Provide guidance and suicide first aid to a person at risk in a way that meets their individual safety needs;
- Identify the key elements of an effective safety plan and the action required to implement it;
- Appreciate the value of improving and integrating suicide prevention resources in the community;
- Make a commitment to improving community resources; and
- Recognise that suicide prevention is broader than suicide first aid and includes life-promotion and self-care for caregivers.

18-19 Sept 2025
8.45am to 5.00pm
L10, Bunbury Tower
Victoria St, Bunbury

COST: $75

CATERING:
Light refreshments provided. Please organize your own lunch.

Registration is essential via Humanitix

This training has limited places and is highly sought after. Therefore, if you are unable to attend please cancel your registration so that others may attend in your place.

The workshop helps people apply suicide first aid in many settings, with family, friends, co-workers and team members as well as more formal helping roles.

For further information, please refer to the ASIST website here.