



# ASIST

## Applied Suicide Intervention Skills Training Workshop

ASIST is a Suicide Prevention Training workshop aimed at creating suicide safer communities in South West Victoria. Lifeline South West Vic and Deakin Rural Health are working together to present and deliver Living Works ASIST training to prevent the immediate risk of suicide.

We invite community members to participate in two day workshops to gain suicide first aid skills to help caregivers identify when someone is at risk of suicide and keep them safe. The workshops can be facilitated for services or community groups.

### Suicide Impact on Community

Suicide has a significant impact on communities. For every suicide at least 6 to 10 other people will be affected by intense grief – which can lead to further risk of suicide. Suicide leaves families, friends and communities reeling with a range of intense emotions. Often people that have suicidal thoughts are seeking help in some way and still have strong links to life that can keep them safe. Support for those feeling suicidal can come directly from sporting clubs and the communities they are living, working and playing in.

### Suicide in South West Victoria

- More people in the Great South Coast die from suicide than from road trauma.
- Every year 1200 calls to Lifeline 13 11 14 are from the south west of Victoria.
- Most suicides are by men. Most men are aged between 30 and 64.
- Most common reasons for calling Lifeline are: family, relationships, mental health or suicide
- For every suicide resulting in death at least 30 other people have attempted suicide.

### ASIST

Train to be an ASIST Caregiver and help keep your community safe, **No prior experience or knowledge is required.** Living Works is a scientifically proven intervention model taught through powerful audio visual learning aids, group discussions, skills practice and development

- Learn how to identify these signs of suicide and the invitations for help
- Learn how to ask a person if they have thoughts of suicide.
- Connect with a suicidal person in ways that they understand and clarify the risks.
- Increase their immediate safety and link the person with further help.

**We believe this training can create a suicide safer community**

**This ASIST course is a validated course and accrues 15 hours of continuous professional development points**

For more information or to receive a Registration Form for ASIST contact Lifeline South West Vic  
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