



Learn the skills to help save a life.

Suicide is preventable. Anyone can make a difference.

Attend the award-winning ASIST workshop and learn to:

- recognize people at risk of suicide,
- talk to them, hear their stories, and understand their situations, then
- help them stay safe with a life-affirming intervention.

The two-day ASIST (Applied Suicide Intervention Skills Training) workshop is open to anyone 16 or older. Widely used by both professionals and the general public, ASIST offers something to every participant, no matter how experienced.

Why take ASIST?

LIFE-SAVING: Anyone can experience thoughts of suicide. By giving participants the skills to help friends, family members, colleagues, and clients stay alive, ASIST supports suicide-safer communities.

TRUSTED: ASIST is the most widely used suicide intervention training workshop in the world. Over 100,000 people attend ASIST each year in more than 30 countries.

ENGAGING: ASIST is a dynamic, hands-on workshop that uses adult learning principles. It includes presentations, discussions, and audiovisuals, plus simulations to practice intervention skills.

PROVEN: ASIST works. A major 2013 study showed that the ASIST intervention process significantly reduces thoughts of suicide and helps people at risk feel more hopeful about living.¹

COST-EFFECTIVE: A 2015 RAND Corporation study found that for every \$1 spent on the ASIST program in California, the state government would save \$50 in medical expenses and associated costs.²

Learn more at www.livingworks.net/asist

¹ Gould, M. S., Cross, W., Pisani, A. R., Munfakh, J. L., & Kleinman, M. (2013). Impact of Applied Suicide Intervention Skills training on the National Suicide Prevention Lifeline. *Suicide and Life-Threatening Behavior*, 43:6, 676-691.

² Ashwood, J. S., Briscoombe, B., Ramchand, R., May, E., Burnam, M. A. (2015). Analysis of the Benefits and Costs of CalMHSA's Investment in Applied Suicide Intervention Skills Training (ASIST).