



## Living Works ASIST



### Applied Suicide Intervention Skills Training

**A two-day workshop for  
community caregivers**

*presented by*

**ANGLICARE**  
NT

**LivingWorks is one of the most  
widely used suicide prevention  
training programs - operating in over  
12 countries.**

**The Canadian program was  
introduced into Australia in 1996 by  
Lifeline and is now available across  
Australia. Registered trainers use  
standardised, regularly revised  
material.**

**Anglicare NT, through the NT  
Suicide Intervention Training  
project has been presenting ASIST  
workshops across the NT since  
1998, and has trained thousands of  
people from a wide range of  
backgrounds.**

#### **The challenge**

Fifty Australians die by suicide every week - young people and adults. How can further deaths be prevented?

#### **The opportunity**

Something can be done. The vast majority of people at risk of suicide will find some way to signal their distress and their intent to harm themselves. Training can help us see and respond to these invitations to help. It can provide the confidence to ask about suicide and to know what action to take. Learn suicide 'first aid' and know how to intervene effectively. Learn to recognise, assess and become more effective at helping people at risk.

#### **The ASIST workshop**

ASIST provides practical help for caregivers seeking to prevent the immediate risk of suicide. Participants learn to recognise and review suicide risk and develop intervention skills. The emphasis is on suicide 'first aid' - helping a person at risk stay safe and seek further help. The program enables you to make an initial response and become a link to further community help for those at risk of suicide.

#### **Who attends the workshops?**

The workshop is for all caregivers - professional or informal. This includes general community members, mental health workers, physicians and nurses, teachers and school support staff, counsellors and welfare officers, youth workers, police and corrections staff, clergy, volunteers, tertiary students, and accommodation workers.

#### **How is the workshop presented?**

The program uses a range of interactive techniques including case studies, simulations, skills practice, videos, overheads, workbooks and audiovisuals. Participants also receive a 75 page *Suicide Intervention Handbook* to reinforce learning.

***Attendance at the full two days is essential.***

#### **What outcomes can I expect?**

An Australian evaluation of the program conducted with over 1000 participants indicated that following the workshop they:

- were more comfortable, confident and competent in making an intervention with a person at risk of suicide
- significantly increased their suicide intervention knowledge, and
- were more willing to reach out to a person at risk.

#### **How much does it cost?**

**\$230 per person (government)**

**\$175 per person**

**(non government organizations & students)**

**Workshops are held regularly. To express interest in participating in a future workshop,  
click on the appropriate link below. Bookings are essential.**

**Individual participation  
Organisation participation**

**Alternatively contact the Suicide Training Coordinator on:**

**Ph: 8985 0000 Fax: 8985 0001**

**Email: [anglicare@anglicare-nt.org.au](mailto:anglicare@anglicare-nt.org.au)**