



Top End Suicide Intervention & Awareness Training Program



LivingWorks ASIST Workshop

“Great workshop! It has given me the confidence to talk directly about suicide. Thanks!”



Northern Territory Government

Funded by Northern Territory
Dept of Health - Mental Health
Division



Anglicare NT

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www.anglicare-nt.org.au

LivingWorks 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.

Workshops are held regularly. Register for the next workshop by filling out the attached form or contacting us on the numbers below. Bookings are essential.

The Challenge

50 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, DVD's workbooks and audiovisuals. Participants also receive a 75 page Suicide Intervention Handbook to reinforce learning.

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.

