



Applied Suicide Intervention Skills Training

Applied Suicide Intervention Skills Training (ASIST) is an accredited two-day interactive workshop in suicide first aid interventions.

ASIST teaches participants to recognise when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.

No previous mental health or suicide prevention experience is necessary - anyone 16 or older can learn and use the ASIST model.

After taking ASIST, you will be better able to:

Be suicide alert - identify people who have thoughts of suicide

Recognise potential barriers of seeking help

Understand the reasons behind thoughts of suicide and the reasons for living

Offer support – recognise other important aspects of suicide prevention including life-promotion and self-care

Assess risk and safety - develop a plan to increase the safety of the person at risk of suicide

Effectively apply a suicide intervention model

Recognise invitations for help

Link people with community resources

Delivered by



www.sunflowerssuicidesupport.org.uk
glos.sunflowers@outlook.com
Call/text on 07542 527888



Features of ASIST

Developed in 1983 by LivingWorks, and receives regular updates to reflect improvements in knowledge and practice,
Presented by two LivingWorks registered trainers
A scientifically proven intervention model which helps reduce suicidal feelings in those at risk and is a cost-effective way to help address the problem of suicide
Powerful audio-visual learning aids
Group discussions
Skills practice and development
A balance of challenge and safety

What is the structure of an ASIST workshop?

The ASIST workshop is divided into five sections that follow in a logical progression to gradually build comfort, confidence and understanding around suicide and suicide intervention.

Preparing: Sets the tone, norms, and expectations of the learning experience over the two days.

Connecting: Enables participants to reflect on their own attitudes towards suicide. This creates an understanding of the impact that attitudes can have on the intervention process.

Understanding: An overview of the intervention needs of a person at risk. The trainers focus on providing participants with the knowledge and skills to:

Recognise risk

*Develop safeplans to
reduce the risk of suicide*

*Increase the
safety of the person*

Assisting: Presents a model for effective suicide intervention. Participants develop their skills through observation and supervised simulation exercises in large and small groups.

Networking: The trainers share information about resources in the local community and promote participant commitment to encouraging the transformation of local resources into helping networks