



ASIST

Applied Suicide Intervention Skills Training



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REGISTRATION FORM

WHAT IS ASIST?

The **ASIST** workshop is for caregivers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Over 750,000 caregivers have participated in this two-day, highly interactive, practical, practice-oriented workshop.

WHY ASIST?

Every year more people die by suicide than from all of the several armed conflicts around the world and, in many places, about the same or more than those dying in traffic accidents. For every suicide, there may be up to 100 times more who are injured by non-fatal suicidal behaviors. In any year, as many as 6% of the population have serious thoughts of suicide.

Most people considering suicide share their distress and their intent. Training can help us see and respond to these invitations to help. It can give you the confidence to ask about suicide if you are concerned about someone's safety. It can provide you with the tools to help prevent the immediate risk of suicide

HOW DOES ASIST WORK?

ASIST provides practical training for caregivers seeking to prevent the immediate risk of suicide. Participants often include people concerned about family and/or friends, natural helpers and advisers, emergency service workers, counselors, teachers and ministers, mental health practitioners, workers in health, welfare or justice, and/or community volunteers.

Working mostly in small groups of one trainer to no more than 15 participants, ASIST uses many different teaching processes to create a practice-oriented and interactive learning experience.

The emphasis of the ASIST workshop is on suicide first aid, on helping a person at risk stay safe and seek further help. Attendance at the full two days is essential. Participants will learn how to recognize invitations for help, reach out and offer support, review the risk of suicide, apply a suicide intervention model and link people with community resources.

Evaluations have shown that the workshop increases caregivers' knowledge and confidence to respond to a person at risk of suicide, that intervention skills are retained over time and that they are put to use to save lives.



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Workshop Dates: November 20 and 21, 2008 OR January 10 and 11, 2009

Time: 9:00-5:00pm (both days: breakfast, lunch and snacks will be provided throughout the days)

Location: Mount Lebanon Public Safety Building (November) / Ross Township Police Department (January)

Cost: \$120 per participant, continuing education credits available at additional cost

Registration Information (Please complete all fields; type or write legibly)

I am registering for: November 20 and 21 ASIST January 10 and 11 ASIST

Full Name _____ Employer _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Any Dietary Restrictions? _____

Any Special Accommodations? _____

Payment:

Please make check or money order for the \$120 registration fee payable to CONTACT Pittsburgh. If you require continuing education units (CEU's), please contact the office at 412.820.0100. Payment and completed registration form should be sent to:

CONTACT Pittsburgh
PO Box 111294
Pittsburgh, PA 15238

Additional Details:

The minimum age for this workshop is 18 and total registration is limited to 30. Participants must attend both days for the entire allotted workshop time. **The deadline to register for the November workshop is Friday, November 14, 2008 and the deadline for the January workshop is Monday, January 5, 2009.**

If you have any questions regarding this workshop, please contact James at 412.820.0100 or jdoyle@contactpgh.org