

## About LivingWorks

Our mission is to create learning experiences that help create suicide-safer communities. LivingWorks' ASIST programme has been widely accepted and valued in Ireland since its introduction in 2003. Starting in Canada in the early 1980s, ASIST is now available in many other countries including Norway, the USA, New Zealand, Australia, Northern Ireland and the UK. More than half a million people have participated worldwide – over 5,000 in Ireland.

Other LivingWorks programs are companions to ASIST. They seek to increase awareness of suicide and expand ways the whole community might respond.

Find out more: [www.livingworks.net](http://www.livingworks.net)



## About the National Office for Suicide Prevention (NOSP)

The NOSP was formed directly after the launch of Ireland's first suicide prevention strategy, Reach Out: A National Strategy for Action on Suicide Prevention 2005-2014. NOSP coordinates ASIST at a national level.

Almost 100 staff from the health services and voluntary agencies have completed a 5-day LivingWorks "train the trainer" course. They combine their knowledge of local communities with the benefits of standardised LivingWorks training and material to deliver the 2-day workshop. More than 200 workshops have been delivered to approx. 5000 participants in the first two years.

Find out more: [www.nosp.ie](http://www.nosp.ie)  
or contact Anne Callanan at 091 548424 or [anne.callanan@mail.nosp.ie](mailto:anne.callanan@mail.nosp.ie)

### How to Become Involved:

Contact your local ASIST coordinator to see how you can attend the 2-day workshop or to find out more information about ASIST and suicide prevention.

**AREA: HSE Dublin Mid-Leinster (Longford, Westmeath, Laois, Offaly)**

**Coordinator: Rita Kelly**  
Resource Officer for Suicide Prevention  
Health Promotion  
HSE Dublin Mid-Leinster  
The Old Millings, Coote St  
Portlaoise, Co Laois  
057 8664513  
[ritakelly@mail.nosp.ie](mailto:ritakelly@mail.nosp.ie)

**HSE** Feidhmeannacht na Seirbhíse  
Health Service Executive



You are invited to

# ASIST

*Applied Suicide Intervention Skills Training*

A two-day skills-building workshop in suicide first-aid

The benefits  
live on

It begins  
with you

Create a  
life-assisting  
community

Suitable for all kinds of caregivers ~ professional workers, volunteers,  
people responding to family, friends and co-workers  
Make a difference ~ Come to ASIST ~ Learn suicide first aid.

## The Challenge

### *Create a suicide-safer community...*

Most people with thoughts of suicide would rather live.

How can we hear their distress and at the same time support people to choose life?

How can we reduce the number of people who die by suicide or sustain injuries through acts of self-harm?

Ireland ranks 5th in the EU for rates of suicide with almost 500 people dying by suicide every year.

Suicide first aid helps meet some of the challenges in reducing suicidal behaviour. It could help save a life.

## The Opportunity

### *It begins with you...*

Most people thinking about suicide signal and share their pain – they offer us opportunities to respond.

Suicide intervention training can help all of us see, hear and respond to these invitations.

The emphasis of the ASIST workshop. It can make us more alert to invitations for help. It can also increase our confidence to ask about suicide if you are concerned about someone's safety.

If someone is at risk suicide first aid prepares you to work with them to increase their immediate safety and get further help.

## The Workshop

### *Learn suicide first aid...*

ASIST trains participants to reduce the immediate risk of a suicide and increase the support for a person at risk. It helps them seek a shared understanding of reasons for suicide and reasons for living.

The workshop provides opportunities to learn what a person at risk may need from others in order to keep safe and get more help.

It encourages honest, open and direct talk about suicide as part of preparing people to provide suicide first aid. Participants also consider how personal attitudes and experiences might affect their helping role with a person at risk.

Feel challenged and safe. Experience powerful audiovisuals and work interactively with others in small groups. A suicide first aid model provides a framework for skills practice.

Attendance at the two full days is essential.

## The Benefits

### *Saving lives for tomorrow...*

ASIST helps people apply suicide first aid in many settings – with family, friends, co-workers and in more formal helping relationships. Benefits can be found in everyday situations, professional work or volunteering.

Become better prepared to:

- recognise invitations to help
- reach out and offer support
- review the risk of suicide
- work with persons at risk to develop their safeplan
- link with community resources

People remember and use what they learned at ASIST.

Benefits live on in the lives of those we help.

# Make a difference...