

Provide a Suicide First-Aid Intervention

Recognised as the global leader in suicide intervention training, LivingWorks ASIST (Applied Suicide Intervention Skills Training) is a 2-day interactive workshop in suicide first aid.

What Will You Learn?

LivingWorks ASIST helps learners become willing, ready, and able to intervene with someone who has thoughts of suicide. You will learn to:

- Help someone with thoughts of suicide develop a safety plan to keep safe-for-now and connect with further help
- Apply a Safety Framework to guide the development of this SafePlan through a collaborative, helping relationship
- Understand how personal and community attitudes about suicide affect someone's openness to seek help and your ability to provide it
- Build confidence and capacity in providing suicide first aid

Who Should Attend?

Anyone aged 16+ years is encouraged to take LivingWorks ASIST. No previous experience or training is required. LivingWorks ASIST is a training that strengthens your whole community, building a Network of Safety that helps you apply suicide first aid in many settings like schools, homes, workplaces, and as a part of formal caregiving roles.

How Will You Learn?

We aim to provide a safe learning environment. The learning process includes:

- Trainer presentations and powerful videos to stimulate discussion and support learning
- Extensive opportunities for skills practice
- Shared participant experiences that enrich learning
- Trainer-facilitated workgroups to optimise participation

Direct and honest discussion about suicide is encouraged. While sometimes challenging, this prepares helpers to openly approach people with thoughts of suicide, and to help them keep safe.

Where Can You Find Out More?

Close to 1.5 million people have been trained in LivingWorks ASIST world-wide, leading to a growing body of research and evaluation that supports the value of this training to everyone and informs program improvements.