

Applied Suicide Intervention Skills Training



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A 2 day crisis-intervention training programme,
Enabling people to feel confident about their ability to help people at risk of suicide.

ASIST provides practical training for **anyone** interested in seeking to prevent the immediate risk of suicide, and is open to **the general public, mental health professionals, volunteers, doctors, nurses, police, teachers, counsellors, clergy and youth workers.**

The course takes place over two days and consists of:

- ◆ information about suicide prevention activities, and the opportunity for discussions about personal attitudes, values and feelings about suicide.
- ◆ You will learn: how to identify cues that indicate the risk of suicide; effective suicide intervention; how to discuss suicide with a person at risk; and develop the skills needed to intervene.
- ◆ Information about resources available for persons at risk of suicide.

FREE training opportunity!

This course is **free** to those **living or working in West Lothian.**
Places are available on the following dates:

<u>18-19 January 2012</u> St John's Hospital Livingston	<u>1-2 March 2012</u> St John's Hospital Livingston	<u>3-4 May 2012</u> St John's Hospital Livingston
<u>11-12 June 2012</u> St John's Hospital Livingston	<u>6-7 September 2012</u> St John's Hospital Livingston	<u>22-23 November 2012</u> St John's Hospital Livingston

To book a place on any of these courses, or for further information, please contact: **Susan Scott.**

Tel: 01506 775626

email: susan.scott@westlothian.gov.uk

You must be 18 or over to attend this training