

Prevent Suicide PA Presents:

Applied Suicide Intervention Skills Training (ASIST)

MARCH 1, 2023 and MARCH 2, 2023

Time: 8:30am – 5:00pm

Penn State Berks Jensen Conference Center

*Location subject to change

Cost: \$200/per person

*Lunch and handouts provided by PSPA.

To Register:

Contact Jodi at PSPA at jfoster@preventsuicidepa.org

ASIST is similar to QPR, but this training program offers more in-depth intervention tactics. The aim of ASIST is to teach caregivers the necessary skills to provide emergency psychological first aid in situations involving suicidal behavior. The emphasis of the ASIST workshop is on suicide first aid, on helping a person stay safe and seek further help. The program is conducted over two days.

Participants learn how to:

- Recognize that persons at risk are affected by personal and societal attitudes about suicide
- Identify factors that indicate and estimate the risk of suicide
- Estimate the degree of risk
- Discuss suicide with a person at risk in a direct manner
- Demonstrate the skills required to intervene with a person at risk of suicide
- List the resources, including themselves, available to a person at risk of suicide
- Commit to helping coordinate social support resources for persons at risk of suicide.

Register Today!!!