



20 and 21 September 2018

## Applied Suicide Intervention Skills Training (ASIST) for healthcare providers and community - Maroondah

ASIST is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognise when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants do not need any formal training to attend the workshop. Training is suitable for ages 16 years or older. This training supports Eastern Melbourne PHN's Place-Based Suicide Prevention trial in the City of Maroondah. There is no cost to attend the workshop, however places are limited and priority will be given to people who live, work or study in the City of Maroondah. Participants are required to attend both days of the workshop.

### Goals and objectives

In this two-day workshop you will learn to:

- understand the ways personal and societal attitudes affect views on suicide and interventions
- provide guidance and suicide first-aid to a person at risk
- identify the key elements of an effective suicide safety plan and the actions required to implement it
- appreciate the value of improving and integrating suicide prevention resources in the community at large
- recognise other important aspects of suicide prevention including life-promotion and self-care.

### Registration

"Register now" or register via our website at [www.emphn.org.au/events](http://www.emphn.org.au/events)

We encourage you to assess your level of resilience when undertaking this training as it is not a counselling or therapeutic service. We recommend that if you are currently distressed or have been recently bereaved by suicide, to delay participating until those experiences have settled.

If after registering you find that you are unable to commit to attending both days of training, please cancel your registration through Eventbrite or by contacting [events@emphn.org.au](mailto:events@emphn.org.au) or 9046 0300 so your place can be allocated to someone on the waiting list.

Enquiries: Suicide Prevention Team 9046 0300 or [events@emphn.org.au](mailto:events@emphn.org.au)

For more information about the trials, visit [www.emphn.org.au/suicide-prevention](http://www.emphn.org.au/suicide-prevention)

If this information has raised concerns for you, we encourage you to seek support by contacting Lifeline on 13 11 14, Suicide Call Back Service on 1300 659 467 or Suicideline (Victoria) on 1300 651 251

### Event Details

Date: Thursday 20 and Friday 21 September 2018

Venue: Realm, Ringwood Town Square  
179 Maroondah Hwy  
Ringwood

Time: 9.00am registration  
9.15am - 5.00pm workshop

Parking: Eastland (fees apply)

RSVP: 12 September 2018

Registration

[Register now](#)

Enquiries: Josie Terron 9046 0300 or [events@emphn.org.au](mailto:events@emphn.org.au)

