

# Applied Suicide Intervention Skills Training

A regional partnership working across seven local authority areas has come together to produce a programme of seventeen Applied Suicide Intervention Skills Training (ASIST) courses in 2017. The ASIST programme is the world's most widely used suicide prevention training. Details of the programme and how to book can be found below and overleaf.

## What is ASIST?

Applied Suicide Prevention Skills Training (ASIST) is an interactive and practical two day course that aims to:

- help people to recognise the signs that someone is considering suicide
- Gain the skills and confidence to respond appropriately and intervene to prevent immediate risk of suicide.

ASIST has been described as a form of 'suicide first aid'.

## Why is ASIST training needed?

Suicide is a tragedy for individuals, their families and friends. It also has a significant impact on society as a whole, in terms of loss of life and lost contribution.

The prevention of suicide is a national, regional and local imperative, as the numbers are rising, and the capacity to support people with suicide ideation (also known as suicidal thoughts, concerns about or an unusual preoccupation with suicide) reduces.

## ASIST Training

ASIST is a two day course that prepares caregivers including those in professional roles to provide suicide life-assisting, first aid intervention. ASIST teaches Pathways for Assisting Life (PAL), which is a practical guide to undertaking suicide interventions.

The training will enable participants to develop confidence and skills through observation and supervised simulation (role play and skills practice) in small groups. During the course you will have an opportunity to explore personal or professional experiences of suicide and space and support to focus on how your experiences with suicide impact on your beliefs and attitudes about using suicide first aid.

It is anticipated that everyone taking part in the course will do so with the intention of becoming a registered ASIST Caregiver.



## ASIST Training outcomes

By the end of the training, participants will be able to:

- identify people who have thoughts of suicide
- understand how beliefs and attitudes can affect suicide interventions
- understand a person at risk's story about suicide as well as recognise turning points that connect a person to life
- conduct a safety assessment and develop a plan that will keep the person at risk 'safe for now'
- confirm the person at risk's faith in the 'safeplan' and their intent to follow it through
- practise as a registered ASIST caregiver

## Who can attend a course?

Evidence shows that delivering the course across multiple agencies enhances the outcomes for trainers and participants, and develops community awareness. We would therefore encourage anyone whose role involves regular direct contact with the public to attend, including:

- primary care, acute care, mental health and public health practitioners
- teachers
- youth workers
- police
- probation and prison services
- fire and rescue services
- community and voluntary sector organisations
- workplaces
- ambulance service.
- drug and alcohol services
- housing officers

## Who delivers the course?

Asist courses are delivered by accredited trainers who have successfully passed the LivingWorks Trainers course.

## How much does ASIST training cost?

This programme is funded through a grant from Health Education South West and therefore there is no cost to participants. However anyone taking a place is using valuable resources and there is a charge of £50 for people who sign up but do not then attend.

	January 2017	February 2017	March 2017	May 2017	June 2017	September 2017	November 2017
BANES		23/24		17/18		27/28	
Bristol	18/19			9/10		20/21	
Gloucestershire	22/23			16/17			14/15
North Somerset	26/27		16/17	18/19	29/30		9/10
South Gloucestershire	23/24		23/24		26/27		
Swindon			20/21			7/8	
Wiltshire	18/19 Chippenham			10/11 Trowbridge		21/22 Chippenham	

## How to book

Contact the council in the area in which you want to book to secure places or to discuss any queries you may have, regardless of which of the seven local authority areas you work in:

**Bath & North East Somerset (external users please create an account):**  
<http://bathnes.learningpool.com>

**Bristol:** [ph.commissioning@bristol.gov.uk](mailto:ph.commissioning@bristol.gov.uk)

**Gloucestershire:** [commissioningadmin@gloucestershire.gov.uk](mailto:commissioningadmin@gloucestershire.gov.uk)

**North Somerset (new users will have to create a learning account):**  
log in to [www.n-somersetcpd.org.uk](http://www.n-somersetcpd.org.uk) and type Asist. Any difficulties email: [cpdonline.support@n-somerset.gov.uk](mailto:cpdonline.support@n-somerset.gov.uk)

**South Gloucestershire (new users will have to create a learning account):** book on via the following link [www.southglos.gov.uk/coursebooking](http://www.southglos.gov.uk/coursebooking)

**Swindon:** [smile@swindonmind.org.uk](mailto:smile@swindonmind.org.uk)

**Wiltshire:** [Karen.Spence@wiltshire.gov.uk](mailto:Karen.Spence@wiltshire.gov.uk)

