



ASIST

The most widespread suicide intervention training program in the world

October 28 & 29, 2009
November 25 & 26, 2009
January 27 & 28, 2010
February 17 & 18, 2010
April 14 & 15, 2010
May 19 & 20, 2010

8:30 a.m - 4:30 p.m.

**Canadian Mental Health Association
Ottawa Branch**
1355 Bank Street, Suite 402
Ottawa, ON K1H 8K7
Tel: 613-737-7791
Website: www.cmhaottawa.ca

The Challenge

Every year more people die by suicide than from all of the armed conflicts around the world and, in many places, about the same or more than those dying in traffic accidents. For every suicide, there may be up to 100 times more who are injured by nonfatal suicidal behaviors. In any year, as many as 6% of the population have serious thoughts of suicide. How can we support people to choose life when something prevents them from seeing a way forward?

Opportunity

Most people considering suicide share their distress and their intent. Training can help us see and respond to these invitations for help. It can give you the confidence to ask about suicide if you are concerned about someone's safety. It can provide you with the tools to help prevent the immediate risk of suicide.

The Outcome

The emphasis of the ASIST workshop is on suicide first-aid, to help a person at risk stay safe and seek further help. Attendance at the full two days is essential. Learn how to:

- Recognize invitations for help
- Reach out and offer support
- Review the risk of suicide
- Apply a suicide intervention model
- Link people with community resources

Evaluations have shown that the workshop increases caregivers' knowledge and confidence to respond to a person at risk of suicide, that intervention skills are retained over time and that they are put to use to save lives.

About the workshop

ASIST provides practical training for caregivers seeking to prevent the immediate risk of suicide.

Participants often include:

- People concerned about family or friends
- Natural helpers and advisors
- Emergency service workers
- Counsellors, teachers and clergy
- Mental health practitioners
- Workers in health, welfare or justice

Working mostly in small groups of one trainer to no more than 15 participants, ASIST uses many different teaching processes to create a practice-oriented and interactive learning experience.

About LivingWorks

LivingWorks is a public service corporation whose vision is enhancing resources today and saving lives for tomorrow. Our mission is to create learning experiences that help communities prevent suicide. We train locally-based trainers so that the benefits of our programs live on in the community. Local resources can better transfer learning to others in the community in a cost effective manner.

LivingWorks monitors quality, updates programs and supports the international trainer resource network. The aim is to have all of the benefits of local resources plus the advantages of a central organization dedicated to quality.

Working with caregivers of all kinds, LivingWorks prepares helpers to competently intervene with a person at risk of suicide. Just as "CPR" skills make physical aid possible, participants who master the training in suicide intervention develop skills in "suicide first-aid". Create a life-assisting community. It begins with you. The benefits live on.

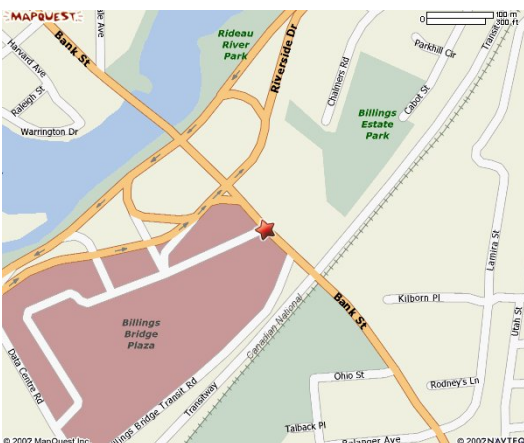


ASIST is by far the most widely used, acclaimed and researched suicide intervention skills training in the world. It has been refined over 22 years with feedback from over 750,000 participants and 3,000 active trainers.

PARKING

- Limited meter parking is available for a maximum of \$8.00 per day, payable by coin or credit card.

OUR LOCATION



1355 Bank Street, south of Riverside Drive, opposite Billings Bridge Plaza

The ASIST workshop is held over two consecutive days. To achieve full certification, **ALL PARTICIPANTS MUST ATTEND BOTH DAYS ENTIRELY.** The workshop can only be instructed by certified LivingWorks Education Inc. trainers.

HOW TO REGISTER

Cost for the two day training is **\$180.00** (GST included). Send completed registration form along with **Cheque** payable to CMHA, Ottawa Branch to:

**Canadian Mental Health Association,
Ottawa Branch
1355 Bank Street, Suite 301
Ottawa, ON K1H 8K7**

TELEPHONE REGISTRATIONS WILL BE ACCEPTED ONLY IF PAYING BY CREDIT CARD (VISA OR MASTERCARD) Please note that registration must be received 2 weeks prior to the workshop dates.

CANCELLATIONS AND REFUNDS

Full refunds, less a \$10.00 administration fee, will be given when a written request is received two weeks prior to the date of workshop. Registration may be transferred to another person. There will be a \$20.00 charge on all returned cheques.



Registration is limited!

For information about subsidies call:
CMHA
Tel: 613-737-7791
Fax: 613 737-7644
Email: info@cmhaottawa.ca

TWO-DAY ASIST WORKSHOP - REGISTRATION FORM
(PLEASE TYPE OR PRINT CLEARLY)

NO REGISTRATION ACCEPTED WITHOUT PAYMENT.

Registration Fee: \$180.00 (GST included). There will be a \$20.00 charge on all returned cheques.
MAIL TO: CMHA, Ottawa Branch, 1355 Bank Street, Suite 301, Ottawa K1H 8K7.

Name: _____
 Organization: _____
 Address: _____
 City: _____ Province: _____ Postal Code: _____
 Telephone: (Home) _____ (Office) _____
 Email: _____

WORKSHOP REGISTERED FOR: _____ (Date)

Do you need a receipt: _____ YES _____ NO