

Who delivers the courses in North Somerset?

The courses are delivered by accredited trainers who have successfully passed the LivingWorks training course and work in services where they regularly deal with mental health related issues.

Training dates

Dates for 2017/2018:

- 26 and 27 January 2017
The Campus, Weston-super-Mare
- 16 and 17 March 2017
Christchurch, Clevedon
- 18 and 19 May 2017
The Campus, Weston-super-Mare
- 29 and 30 June 2017
Christchurch, Clevedon
- 9 and 10 November 2017
The Campus, Weston-super-Mare
- 25 and 26 January 2018
Christchurch, Clevedon

More details can be found at
www.n-somersetcpd.org.uk/cpd/

How much does ASIST cost?

The training is funded through a grant from Health Education South West and Futures in Mind and therefore there is no charge to participants. However anyone taking a place is using valuable resources and there is a charge of £25 for those who fail to attend without giving adequate notice.

How to book

If you would like to book a place on a course, please log on or register at
www.n-somersetcpd.org.uk/cpd/

If you have any further queries please contact Helen Yeo on **01275 885 154**.



NHS
*North Somerset
Clinical Commissioning Group*

Weston Area Health **NHS**
NHS Trust

Applied suicide intervention skills training



What is ASIST?

Applied Suicide Intervention Skills Training (ASIST) aims to enable participants to become more willing, ready and able to recognise and intervene effectively to help people at risk of suicide.

With over one million people trained in suicide intervention skills, ASIST is by far the most widely used suicide intervention skills training in the world.

It is an interactive and practical course, intended as 'suicide first aid' training.

Why do we need ASIST?

Suicide is a tragedy for individuals, their families and friends.

Every four minutes someone in the UK tries to kill themselves and every hour and a half someone succeeds.

In North Somerset between 2012 and 2014 there were 59 deaths by suicide and undetermined death.

But we can do something about this; research has shown that knowing the risk factors for suicide and who is at risk can help reduce the suicide rate.

ASIST Training

ASIST is a two day course that prepares participants 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 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 partaking in the course will do so with the intention of becoming a registered ASIST Caregiver.

‘Excellent training – thank you. Very relevant to my work with vulnerable people. I feel much more confident to help those considering suicide.’

ASIST Participant

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 effect 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 intention to follow it through
- practice as a registered ASIST Caregiver.

Who can attend?

ASIST is suitable for everyone including community members, mental health professionals, nurses, managers, teachers, counsellors, foster carers, youth workers, emergency service personnel, prison officers, armed forces and faith leaders.

No previous mental health or suicide prevention experience is necessary.

Minimum age 16 years.