



ASIST

APPLIED SUICIDE INTERVENTION SKILLS TRAINING

Suicide is preventable. Anyone can make a difference. ASIST provides practical training to prevent the immediate risk of suicide. Join us in building a suicide-safer community.

Register for the 2-day ASIST workshop today.

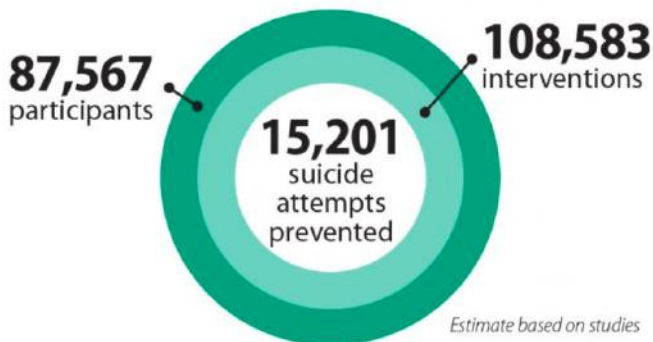
Participants will learn how to connect with a person at risk, understand the person at risk's choices, and assist a person at risk with developing a safety plan.

ASIST works

Studies show that ASIST participants gain:

- ✓ Knowledge about suicide
- ✓ Skills to reach out
- ✓ Confidence to help save a life

ASIST's impact in 2016



ASIST changes lives

Odds of improvement after receiving an ASIST intervention (2013 study):

- ▲ 35% more hopeful
- ▼ 31% less depressed
- ▼ 46% less overwhelmed
- ▼ 74% less suicidal

Dates & Times: TBD

Location: Canadian Family Supports — 873209 5th Line EHS, Mono, Ontario. L9W 6A4

Fee: \$230

To register contact Gloria R. Segovia at (416) 347-6445 or mwssegovia@gmail.com

**Learn the skills.
Help save a life.**

RSVP by: TBD

