

# Suicide Prevention...what can you do?

## safeTALK Suicide Alertness For Everyone

Helps all members of the community identify persons with thoughts of suicide and connect them to suicide intervention resources. People attending this 3 & 1/2 hour workshop need no previous experience or training in order to become more ready, willing and able to be suicide alert helpers.

*The cost of this workshop is \$50.00 per person.*

safeTALK training is available on request and can be offered at your workplace, to your community or youth group if there are a number of interested participants.

## ASIST Applied Suicide Intervention Skills Training

Helps all kinds of caregivers learn suicide first-aid intervention. Participants learn to identify who might be at risk, how to reach out and support the person and link them to resources. ASIST utilizes a variety of learning modalities including skills practice through simulations and role plays to help all participants gain confidence and competence in the skills they learn.

This is a full **two-day workshop**, offered from 9:00 a.m. to 5:00 p.m. each day.

*The cost of this workshop for those who live or work in Waterloo-Wellington-Dufferin is \$175.00.*

### Fall /Winter ASIST Dates and Locations

Tues Oct 18 - Wed Oct 19, 2016 ~ Waterloo

Tues Jan 17 - Wed Jan 18, 2017 ~ Guelph

Tues Nov 8 - Wed Nov 9, 2016 ~ Ariss

Wed Feb 22 - Thurs Feb 23, 2017 ~ Kitchener

Wed Dec 7 - Thurs Dec 8, 2016 ~ Cambridge

**ASIST 11 TuneUp** is a half-day seminar for improving participant comfort, confidence, and competence in using the *Pathway for Assisting Life* or *PAL*

**Only for participants who have attended ASIST 11**

Wed Sept 21, 9:00 a.m. to 12:30 p.m. ~ Waterloo

*The cost of this workshop is \$50.00 per person.*

To Register for all CMHA workshops visit <http://www.cmha.ca/events/>

E-mail: [workshops@cmhawwd.ca](mailto:workshops@cmhawwd.ca)

Call :1-844-CMHAWWD ext. 2182

Enrolment is limited - There is a maximum of 4 individuals per organization / per session



Canadian Mental  
Health Association  
Waterloo Wellington Dufferin

Association canadienne  
pour la santé mentale  
Waterloo Wellington Dufferin



## The Challenge

Every year more people die by suicide than from all of the armed conflicts around the world. For every death by suicide, there are approximately 100 more people who injure themselves from non-fatal suicidal behaviours. In any year, approximately 6% of the population have serious thoughts of suicide.

How can further deaths and injuries be prevented? How can we support people to choose life when painful experiences prevent them from seeing a way forward?

## The Opportunity

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

Evaluations have shown that the workshops increase a person's knowledge and confidence to respond to a person at risk.



**LivingWorks**

[www.livingworks.net](http://www.livingworks.net)

## The Workshops

**safeTALK** is designed for anyone in contact with the public who wants to help prevent the immediate risk of suicide. Participants include anyone who connects with people in a school, recreational, security, community service, faith community, health, or other community setting.

The emphasis of **ASIST** is on suicide first-aid. Participants learn to recognize invitations for help, reach out and offer support, review the risk of suicide and apply a suicide intervention model. Participants often include: emergency service workers, counsellors, teachers, ministers, health practitioners, community workers and volunteers.

**ASIST 11 TuneUp** is a half-day seminar for improving participant comfort, confidence, and competence in using the *Pathway for Assisting Life* or *PAL* learned in ASIST 11.

## The Trainers

Suicide is a serious social issue that needs to be addressed on a community level. The best approach to this is the development of a Community Training Team that incorporates trainers from different organizations across our region. Each certified facilitator has undergone extensive training to deliver workshops that help caregivers of all types respond to someone at risk of suicide.

### ***The training team consists of trainers from the following organizations:***

Canadian Mental Health Association WWD  
Lutherwood  
Self Help Alliance  
University of Guelph  
Thresholds Supports  
Wilfrid Laurier University  
Conestoga College  
University of Waterloo  
Carizon  
Community Care Access Centre  
Independent community trainers with a variety of experience and backgrounds