



# ASIST

## Applied Suicide Intervention Skills Training



LivingWorks **Applied Suicide Intervention Skills Training (ASIST)** is a **two-day** interactive workshop in suicide first aid. **ASIST** teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.

### Learning Goals & Objectives:

- Understand the ways that personal and societal attitudes affect views on suicide and interventions.
- Provide guidance and suicide first aid to a person at risk in ways that meet their individual safety needs.
- Identify the key elements of an effective suicide safety plan and the actions required to implement it.
- Appreciate the value of improving and integrating suicide prevention resources in the community at large.
- Recognize other important aspects of suicide prevention including life-promotion and self-care.

### Training Location

#### Williamsburg Health Foundation

Jeanne Zeidler Meeting Room  
4801 Courthouse Street, Suite 201  
(Truist Building - 2nd Floor)  
Williamsburg, VA 23188

The training is **FREE** and will be held on

**August 25 - 26, 2025**

from **8:30 a.m. - 5 p.m.**

Space is limited - **15** seats available

**CLICK TO REGISTER**

For more information contact:

[prevention@colonialbh.org](mailto:prevention@colonialbh.org)