



STOP suicide

Save a life. Choose to live.

Be part of the campaign to make
Mid Essex a suicide-safer community

FREE TRAINING

for compassionate
people living in
and around
Mid Essex*

This two-day workshop is an internationally recognised programme that will make you more **ready, willing** and **able** to help someone at risk of suicide

When?

3 - 4 March 2016

16 - 17 March 2016
(9am - 5pm both days)

Where?

8 Collingwood Road
Witham
Essex
CM8 2TT

To book

Contact Paula Barratt
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e. paulabarratt@nhs.net

www.stopsuicidepledge.org

*This FREE training is fully funded for voluntary/community sector workers or volunteers and other non mental health professionals. Spaces are limited to 24.

Funded by:



East of England
Strategic Clinical Networks



Mid Essex
Clinical Commissioning Group

About the STOP Suicide campaign

STOP Suicide is a suicide prevention campaign that seeks to empower communities to stop suicides from happening by giving individuals the skills they need to recognise suicide warning signs, ask the right questions and help those who are feeling suicidal to stay safe.

Suicide is everybody's business – please work with us to help make Mid Essex a suicide-safer community.

About ASIST

ASIST is a comprehensive two day course which enables you become more willing, ready, willing and able to help persons at risk of suicide. Developed by LivingWorks in Canada and delivered world-wide, it is an interactive and practical course proven to help caregivers learn how to identify risk and intervene to prevent the immediate risk of suicide. Approved by the World Health Organisation (WHO), ASIST is a standardised, certified programme teaching a robust model of suicide intervention with six easy-to-remember steps. More than one million people worldwide have been trained in ASIST.

Who is it for?

ASIST is suitable for everyone including community members, mental health professionals, nurses, managers, teachers, counsellors, youth workers, emergency service personnel, prison officers, armed forces and faith leaders. No previous mental health or suicide prevention experience is necessary.

What are the training outcomes?

As an ASIST-trained first aid intervention caregiver, you will be better able to:

- Identify people having thoughts of suicide.
- Reach an understanding of the reasons for a person's suicidal thoughts and their reasons for wanting to live.
- Review immediate risk and develop a plan to increase safety.
- Follow up on all safety commitments, accessing further help as needed.

What are the teaching methods?

The course is extremely engaging and combines a variety of teaching methods, including:

- Surveys
- Discussion
- Workbooks
- Group work
- Role plays
- Takeaway resources