

FREE SUICIDE AWARENESS TRAINING

REDUCING SUICIDE IN SOUTH AUSTRALIA'S REGIONAL AREAS



FREE WORKSHOP APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)

Most people with thoughts of suicide don't want to die - they are just struggling to bear the pain of living in the moment. Through their words and actions, they usually send invitations to others for help. Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first-aid that teaches you how to recognise when someone may be at risk of suicide and how to work with them to create a plan that will support their immediate safety.

ASIST provides important life skills so we encourage anyone aged 16 years or older who wants to make a difference to take the training. This training is organised with the support of the Seeds of Hope Suicide Prevention Network. No prerequisite experience, training or qualifications are required.

4- 5 October, 9.00am-4.30pm both days
Vine Inn - 14- 22 Murray St, Nuriootpa, SA, Australia

Morning tea and lunch provided.
Spaces are limited so registration is essential.

Register your interest to attend by scanning or clicking on the QR code.
For more information contact Patrick on 0488 014 976 or Jan Hoffman on 08 7531 2973



AN INITIATIVE SUPPORTED BY COUNTRY SA PHN

MATES in Construction SA and Country SA PHN have partnered together to offer suicide prevention training within regional South Australia.

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