



ASIST Learn the skills to help save a life.

Suicide is preventable. Anyone can make a difference. Saving one life at a time.

Attend the award-winning ASIST workshop and learn to:

- Recognize people at risk of suicide
- Talk, listen, and understand the situations
- Help people stay safe with a life-affirming intervention

The two-day ASIST (Applied Suicide Intervention Skills Training) workshop is open to anyone 16 or older. Widely used by both professionals and the general public, ASIST offers something to every participant, no matter how experienced.

Why take ASIST?

LIFE-SAVING: Anyone can experience thoughts of suicide. By giving participants the skills to help friends, family members, colleagues, and clients stay alive, ASIST supports suicide-safer communities.

TRUSTED: ASIST is the most widely used suicide intervention training workshop in the world. Over 100,000 people attend ASIST each year in more than 30 countries.

ENGAGING: ASIST is a dynamic, hands-on workshop that uses adult learning principles. It includes presentations, discussions, and audiovisuals, plus simulations to practice intervention skills.

PROVEN: ASIST works. A major 2013 study showed that the ASIST intervention process significantly reduces thoughts of suicide and helps people at risk feel more hopeful about living.¹

COST-EFFECTIVE: A 2015 RAND Corporation study found that for every \$1 spent on the ASIST program in California, the state government would save \$50 in medical expenses and associated costs.²

Learn more at www.livingworks.net/programs/asist

1 Gould, M. S., Cross, W., Pisani, A. R., Munfakh, J. L., & Kleinman, M. (2013). Impact of Applied Suicide Intervention Skills training on the National Suicide Prevention Lifeline. *Suicide and Life-Threatening Behavior*, 43:6, 676-691.

2 Ashwood, J. S., Briscoombe, B., Ramchand, R., May, E., Burnam, M. A. (2015). Analysis of the Benefits and Costs of CalMHSA's Investment in Applied Suicide Intervention Skills Training (ASIST).

Upcoming Workshop

Date: June 28-29, 2016

Registration: 7:30am to 8:00am

Time: 8:00am – 5:00pm both days

Location: Families Forward - CMHA-CEI Lansing, MI

[Directions Link](#)

Registration Link: [Register Here!](#)

*Registration closes June 20, 2016

Fee: \$30 credit card fee per person

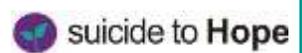
Continuing Education Opportunities Available

Questions may be directed to:

MPHI: Ashley Ault

Event Planner

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These trainings are supported, in part, by SAMHSA grant #SM061767 to the Michigan Department of Health and Human Services. These funds were made available to the state and are federally recognized by Native American Tribes by SAMHSA via the Garrett Lee Smith (GLS).