Descriptor 1

**Applied Suicide Intervention Skills Training (ASIST)**

**Service Description**

ASIST is intended as ‘Suicide 1stAid’ training and is delivered locally by a network of validated trainers under the umbrella organisation ‘Choose Life – Suicide Prevention in Scotland’. ASIST is the most widely used suicide intervention skills training in the world. Participants shall receive a certificate at training end.

**Who Should Attend**

Anyone, sixteen years of age or older, can learn and use the ASIST model.

**Learning Outcomes**

ASIST aims to enable helpers (anyone in a position of trust) to become more willing,

ready and able to recognise and intervene effectively to help persons at risk of suicide.

**Delivery**

Duration - A two day interactive programme.

Contents – A practical workshop, developing skills through observation and supervised simulation in large and small groups.

**Finding an ASIST Workshop**

<http://staging.chooselife.net/Training/index.aspx>

(Using the search function on the front page).