



# Applied Suicide Intervention Skills Training (ASIST)

Setting  
**Communities**

Type of Program  
**Education & Training**

NSSP Goals Addressed  
**6.2 to 6.8**

## Program Description

ASIST is a standardized and customizable two-day, two-trainer, workshop designed for members of all caregiving groups. The emphasis is on teaching suicide first-aid to help a person at risk stay safe and seek further help as needed. Participants learn to use a suicide intervention model to identify persons with thoughts of suicide, seek a shared understanding of reasons for dying and living, develop a safeplan based upon a review of risk, be prepared to do follow-up, and become involved in suicide-safer community networks. The learning process is based on adult learning principles and involves highly participatory workgroups. Graduated skills development is achieved through mini-lectures, facilitated discussions, group simulations, and role plays. Health care workers often encounter suicide in their treatment and therapy work, but are often not trained in suicide first-aid. Other caregivers are often the first to talk with a person at risk, but have little or no training. Workshop content was prepared to accommodate a wide mix of caregiver participants. Workshop instructors take a five-day training for the trainer course and agree to be part of a quality control program that supports them in their trainer roles and encourages them to provide feedback to the developers of ASIST.

## Program Objectives

After training, ASIST participants should be able to:

1. Recognize that caregivers and persons at risk are affected by personal and societal attitudes about suicide.
2. Discuss suicide in a direct manner with someone at risk.
3. Identify risk alerts and develop related safeplans.
4. Demonstrate the skills required to intervene with a person at risk of suicide.
5. List the types of resources available to a person at risk, including themselves.
6. Make a commitment to improving community resources.
7. Recognize that suicide prevention is broader than suicide first-aid and includes life promotion and self-care for caregivers.

## Implementation Essentials

- Two-day training session by certified ASIST trainers.

## Contact Information

Jerry Swanner  
P.O. Box 9607  
Fayetteville, NC 28311  
Voice: 910-867-8822  
Email: [usa@livingworks.net](mailto:usa@livingworks.net)  
Website: [www.livingworks.net](http://www.livingworks.net)

## Costs

ASIST Training for Trainers (5 days)	
Includes all costs for Instructors, materials, and host-site requirements (gov. rate available)	\$2,600.
ASIST Training (2 days)	
Trainers and overhead	varies
Materials (Includes handouts and support items, + S&H)	\$35.

\*The content of practices listed in Section III (Adherence to Standards) of the SPRC/AFSP Best Practices Registry address specific goals of the *National Strategy for Suicide Prevention* and have been reviewed by a panel of three suicide prevention experts and found to meet standards of accuracy, safety, and programmatic guidelines. Practices were not reviewed for evidence of effectiveness. Additional information about the Best Practices Registry can be found at [www.sprc.org](http://www.sprc.org).

The Best Practices Registry is supported by a grant (1 U79 SM57392-03) from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (DHHS). No official endorsement by SAMHSA or DHHS for the information in this document is intended or should be inferred.