

Applied Suicide Intervention Skills Training (ASIST)

17/18th August – Practical Room, Western Isles Hospital,

10/11th September – An Caladh, Uist

10/11th September – Clinical Skills, Stornoway

16/17th September – Castlebay Hall, Barra

*ASIST training is aimed at anyone who would like
to be better equipped to prevent suicide.*

We know that a lifeguard is at a swimming pool to help someone who gets into difficulties in the water, but who in our community helps a person who has thoughts of suicide?

Often people do not want to intervene for fear of making the situation worse. They are afraid to say the wrong thing, or the stigma attached to suicide means they avoid, ignore or do not recognise the signs of suicidal thoughts.

This is how ASIST can help: by giving **you** the necessary skills and confidence to reach out to someone who needs help.

Suicide can affect any one of us so let's make sure the right help is available.

For more information or to book a place contact:

Elaine Campbell, Choose Life Coordinator

elaine.campbell5@nhs.net

Tel. 01851 708 035