



ASIST

Applied Suicide Intervention Skills Training

DATE: Wednesday, May 29 and Thursday, May 30

TIME: 8:30am-4:30pm both days

LOCATION: Sourcewell, 202 12th St NE, Staples, MN 56479

TRAINERS: Connie Ross, North Homes Children & Family Services and
Meghann Levitt, Carlton County Public Health & Human Services

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. This workshop is being offered free of cost through the Northern Minnesota Suicide Prevention/Crisis Text Line Grant (participants are responsible for any associated travel costs) and provides 14 clock hours (certificate available at the end of the second day).

Over the course of their two-day workshop, ASIST participants learn to:

- Understand the ways that personal and societal attitudes affect views on suicide and interventions
- Provide guidance and suicide first aid to a person at risk in ways that meet their individual safety needs
- Identify the key elements of an effective suicide safety plan and the actions required to implement it
- Appreciate the value of improving and integrating suicide prevention resources in the community at large
- Recognize other important aspects of suicide prevention including life-promotion and self-care

To register*: Email Meghann Levitt at meghann.levitt@co.carlton.mn.us, providing your first and last name and phone number.

**Please note:*

*Registration is limited and is required by Wednesday, May 22.
Participants must be able to attend both full days to register.*



Northern Minnesota Suicide Prevention
TRIBAL-COUNTY PARTNERSHIP

Northern Minnesota Suicide Prevention is funded by Minnesota State
Legislative Dollars through a partnership with The Minnesota
Department of Human Services and Regional Partners