



LivingWorks ASIST (Applied Suicide Intervention Skills Training) is a two-day, in-person workshop that equips you with the practical, life-saving skills to provide support when someone is thinking about suicide. You'll learn how to recognize invitations for help, respond with confidence and work collaboratively to create a plan that helps keep someone safe-for-now.

By completing this training, you'll become a **Suicide First-Aid Helper** - someone ready, willing and able to step forward when someone is struggling and guide them toward safety. Together, Suicide First-Aid Helpers help form a **Network of Safety** - a connected community committed to creating suicide-safer schools, workplaces and neighborhoods.

Everyone has a role to play in building suicide-safer communities, and LivingWorks is here to support you with training for every role.

WHAT WILL YOU LEARN?

When someone is struggling with thoughts of suicide, your willingness and ability to help can make all the difference. **LivingWorks ASIST** gives you the skills and confidence to step in, listen and work together toward safety and hope. You'll learn to:

- Recognize when someone may be thinking about suicide and approach with care and confidence
- Work together to build a **SafePlan** that keeps the person safe-for-now and connects them with ongoing support
- Apply a safety framework to guide your actions with empathy, structure and hope
- Understand how personal and community attitudes about suicide impact openness to seek help and your ability to provide it
- Build confidence and readiness to provide **Suicide First-Aid** in real-world situations

WHO SHOULD ATTEND?

LivingWorks ASIST is recommended for anyone aged 16+ who wants to help keep others safer from suicide. No prior experience or training is required. Whether you're a friend, parent, teacher, co-worker, caregiver or community member, anyone can have a role to play in suicide prevention.

HOW WILL YOU LEARN?

LivingWorks ASIST provides a safe, supportive learning environment led by certified-LivingWorks Trainers. You will learn through:

- Engaging presentations and video examples
- Hands-on skills practice to build confidence
- Trainer-facilitated small groups that encourage meaningful discussions
- Shared participant experiences that enrich learning

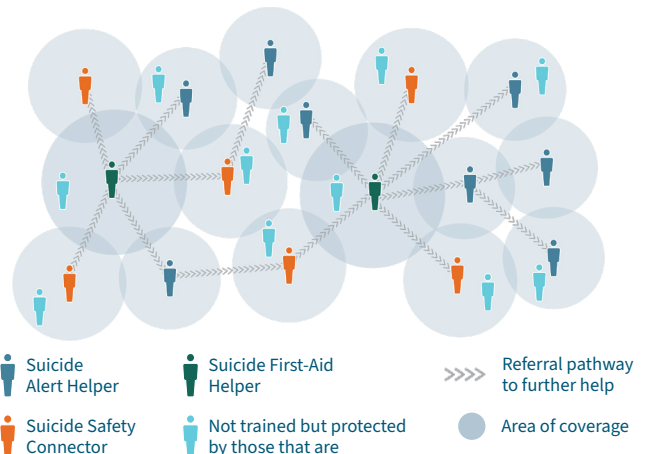
Open, honest discussion about suicide is encouraged – helping you prepare to reach in, talk directly and provide support with confidence.

WANT TO LEARN MORE?

More than 1.5 million people worldwide are **LivingWorks ASIST Helpers**

– creating ripples of hope and safety in schools, workplaces, families and communities. Research continues to affirm the impact of this training while guiding ongoing improvements in the program.

NETWORK OF SAFETY



LIVINGWORKS CONNECT

LivingWorks ASIST is part of the **LivingWorks integrated training system**. This system is fully supported by LivingWorks Connect - a digital platform and mobile app. With **LivingWorks Connect**, you'll have access to ongoing resources, tools and a growing community of Helpers - right at your fingertips. This integration ensures your LivingWorks ASIST is not just a two-day experience, but an ongoing journey of learning, connection and impact.

