

action
mental
health

Mental Health Training and consultancy

Supporting Healthy,
Resilient Workplaces



ASIST

The main aims of the Applied Suicide Intervention Skills Training (ASIST) programme are to, enable people in a position of trust to recognise risk and learn how to intervene to prevent the immediate risk of suicide. ASIST is an interactive workshop in suicide first aid. ASIST teaches participants to recognise when someone may have thoughts of suicide and how to work with them to create a plan that will support their immediate safety.

The ASIST programme empowers participants with the skills to become more willing, ready and able to help those at risk of suicide, which can be vital in a crisis situation. The ASIST programme allows participants to, prepare, connect, understand, assist and network to improve knowledge and skills for reducing suicides in our community.

ASIST teaches participants to:

- ✓ Become suicide alert – identifying people that may be having thoughts of suicide and understanding some of the reasons behind the internal struggle between life and death.
- ✓ Recognise invitations and barriers – how to accept invitations and respond to barriers.
- ✓ Assess risk and safety – developing a plan to help keep the person with thoughts of suicide safe.
- ✓ Application of ASIST – Learn how to effectively apply the ASIST suicide intervention model.
- ✓ Signposting – Linking people to community support resources.

Why ASIST?

A total of 307 people took their own life in Northern Ireland in 2018, in the same period the number of female suicides rose by 12.3%.

However, the suicide rate among men is still three times higher than that of females.

People with mental health problems may be unable to think clearly and may not realise they need help or that effective help is available.

They may be in some distress and would benefit from the support of an individual with the awareness and confidence to respond calmly.

In a mental health crisis situation, the helper's actions may determine how quickly the person gets appropriate professional help





Course format and duration

Each course is delivered over two consecutive days or one day a week for two weeks or in four x three-hour sessions, by two ASIST instructors to a minimum of 14 and a maximum of 24 participants.



All our programmes are evidence based and include best practice models for improving wellbeing and resilience. Adherence to Public Health Agency standards for provision of Mental and Emotional Wellbeing and Suicide Prevention ensures all programmes are developed and delivered effectively, with appropriate safeguards in place.

All of the funds raised by this team support Action Mental Health's work to promote positive wellbeing in schools and communities across Northern Ireland.

[Find out more about our programmes here.](#)

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