



# Learn the skills. Help save a life.

**Suicide is preventable. Anyone can make a difference.**

- Two-day workshop in suicide intervention skills
- Learn and practice a life-saving intervention model
- Widely used by professionals and the general public

**TWO-DAY ASIST TRAINING**

**22 & 23 May 2025**

**8:45am-5pm**

**Venue : Maritime Hotel**



What is ASIST? ASIST stands for Applied Suicide Intervention Skills Training and trains participants to reduce the immediate risk of a suicide and increase the support for a person at risk. It helps them seek a shared understanding of the reasons for suicide and reasons for living.

Attendance at the full two days is mandatory.

The ASIST program exists within a suite of suicide prevention training, and it is recommended that potential candidates have experience or some training in mental health issues before attending this course, i.e. We ask that those intending ASIST participants, to access our new HSE online suicide prevention training programme – Let's Talk About Suicide first to prepare for attending ASIST. Please follow the link below:

<https://traininghub.nosp.ie/> or attend the SafeTALK



*This training delivered by  
the HSE & supported by the  
Bantry Bay Lion's Club*

**Scan here to connect to booking link**

