



ASIST **Learn the skills. Help Save a Life.**

Applied Suicide Intervention Skills Training

Suicide is preventable. Anyone can make a difference.

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

Workshop Schedule 2018

Date: February 14-15 Time: 8:30am - 4:30pm Location: Plumas County Fairgrounds Mineral Building 204 Fairgrounds Rd Quincy	Date: April 12-13 Time: 8:30am - 4:30pm Location: Portola Station 171 S Gulling St Portola	Date: July 26-27 Time: 8:30am - 4:30pm Location: Plumas County Fairgrounds Mineral Building 204 Fairgrounds Rd Quincy
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with trainers **Ryan Rogers & Dana Nowling**

Register online at: www.plumasruralservices.org/asist

ASIST Changes Lives

A 2013 study found the following improvements in those struggling with thoughts of suicide after receiving an ASIST intervention:

35% more hopeful ● **31% less depressed** ● **46% less overwhelmed** ● **74% less suicidal**

50:1 return on investment in decreasing long-term costs of suicide (2015 study)

<h3 style="color: green;">ASIST <u>Works</u></h3> <p>Studies show that participants gain confidence:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Knowledge about suicide <input checked="" type="checkbox"/> Skills to reach out <input checked="" type="checkbox"/> Confidence to help save a life 	<div style="text-align: right; border: 1px solid orange; padding: 2px; display: inline-block;">CEUs available!</div> <p>Price: \$200</p> <p>Lunch & Refreshments Provided</p> <p><i>Fee is non-refundable for cancellations within 2 weeks of the event.</i></p> <p>For further information contact:</p> <p>Angela Hauner ahauner@plumasruralservices.org 530-537-3028</p>
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Feather River College

Plumas Rural Services
Serving people, Strengthening families, Building communities
www.PlumasRuralServices.org



LivingWorks



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