



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 2019

Date: January 31-February 1	Date: March 27-28	Date: July 24-25
Time: 8:30am - 4:30pm	Time: 8:30am - 4:30pm	Time: 8:30am - 4:30pm
Location: Portola Station 171 S Gulling St Portola, CA 96122	Location: Almanor Recreation Center 451 Brook Loop Chester, CA 96020	Location: CLF Church 317 1st Street Quincy, CA 95971

Register online at: <https://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)

ASIST <u>Works</u>	CEUs available!
<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 	<p>Price: FREE (\$200 value!)</p> <p>Lunch & Refreshments Provided</p> <p>For further information contact: Tammy Masters tmasters@plumasruralservices.org 530-283-2735 ext. 882</p>



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