

What do you say to someone who is Suicidal?

An ASIST workshop can help with the answers:

This internationally recognised, evidence-based workshop on suicide intervention skills will be available on Wednesday-Thursday, **1-2 February 2012**, at The Paradise Kids Training Room, The Hopewell Centre, 88 Allied Drive, Arundel.

The **Applied Suicide Intervention Skills Training** - aside from offering lifelong skills - is very hands-on and has shown long-term retention and confidence in using the skills practiced. See below some examples of testimonials.

Endorsed by Lifeline Australia, the Living Works educational program is the main national suicide prevention program.

This Gold Coast workshop will be presented by accredited ASIST instructors Dr Ian Mavor from Hopewell, highly experienced in grief counselling, and Sandy Ogier, qualified in psychology and experienced in suicide prevention. This course is practical and even though the topic is a serious issue, we tend to have a lot of fun.

The attached information/registration flyer contains details of the course content. Everyone is welcome to contact us with their queries, just remember that those courses do not come up that often and as a small group workshop, enrolments are limited!

Testimonials:

- It made me realise how unprepared I was to deal with suicide and how effective I may now become when assisting someone in need.*
- I feel that the past few days have opened my eyes and given me some valuable information in how to deal effectively with a person at risk.*
- This workshop is filled with many answers to the question, "What do I do next?"*
- It has given me confidence and a sense of reassurance that I am equipped to deal with a suicidal situation. An incredible two days.*
- Thank you for a wonderful experience. Suicide is still very scary but now I believe I am better prepared to handle it.*
- I enjoyed the last 2 days very much. A very practical workshop. A straightforward, no-nonsense approach to intervention.*
- Very informative. "Hands on" approach. Very effective. Personally, this workshop reinforced some positives that I currently use and gave me a lot of new ideas.*
- Excellent atmosphere for a group participation and individual input. The past 2 days has been a tremendous asset to me.*
- It has opened my eyes to mistakes I have made in the past and has taught me that just because nothing in my life would bring me to suicide that doesn't mean it is the same for everyone else.*
- Definitely recommend this workshop. I feel that everyone, no matter what line of work they are in, would greatly benefit from this workshop.*

