

*Transitions-Mental Health Association is proud to host the*

# ASIST TRAINING

***Learn the skills to help save a life.***

Suicide can be preventable. Anyone can make a difference. The award-winning ASIST (Applied Suicide Intervention Skills Training) workshop is open to anyone 16 or older. Widely used by professionals and the general public, ASIST offers something to every participant, no matter how experienced.

#### Learn to:

- Recognize people at risk of suicide
- Talk to them, hear their stories, and understand their situations, then
- Help them stay safe with a life-affirming intervention.

#### Why take ASIST?

**Life Saving:** Anyone can experience thoughts of suicide. By giving participants the skills to help friends, family members, colleagues, and clients stay alive, ASIST supports suicide-safer communities.

**Trusted:** ASIST is the most widely used suicide intervention training workshop in the world. Over 100,100 people attend ASIST each year in more than 30 countries.

**Engaging:** ASIST is a dynamic, hands-on workshop that uses adult learning principles. It includes presentations, discussions and audiovisuals, plus simulations to practice interventions skills.

**Proven:** ASIST works. A major 2013 study showed that the ASIST intervention process significantly reduces thoughts of suicide and helps people at risk feel more hopeful about living.

**Cost-Effective:** A 2015 RAND Corporation study found that for every \$1 spent on the ASIST program in California, the state government would save \$50 in medical expenses and associated costs.

Transitions-Mental Health Association (TMHA) takes the health and safety of our staff, volunteers, clients, and visitors seriously; and we are committed to mitigating the spread of COVID-19. Time will be taken during ASIST to ensuring proper PPE is being utilized. Additionally, facilitators will be taking attendees' temperatures and asking about any symptoms experienced within the past 2-14 days. Facilitators reserve the right to require you to attend a future training for the safety of others.

#### DATES:

**September 28 & 29**

Check-in at 8:15 am  
Beginning sharp at 8:30 am

Ends both days at 4:30 pm

#### LOCATION:

##### In Person

784 High Street  
San Luis Obispo, CA  
93401

#### PRICE:

**\$200 per person**  
(usually \$350)

*Lunch included*

**RSVP by  
September 22**



WELLNESS • RECOVERY • RESILIENCE

**For more information or to RSVP, please contact Ilearna at [ibrown@t-mha.org](mailto:ibrown@t-mha.org). Space is limited!**