



# ASIST

## Applied Suicide Intervention Skills Training

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**DATE:** Wednesday, April 29 and Thursday, April 30, 2020

**TIME:** 8:30am-4:30pm both days

**LOCATION:** Community Memorial Hospital, 512 Skyline Blvd, Cloquet, MN 55720

**TRAINERS:** Connie Ross, North Homes Children & Family Services and  
Meghann Levitt, Carlton County Public Health & Human Services

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Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. This workshop is being offered free of cost through the Northern Minnesota Suicide Prevention/Crisis Text Line Grant (participants are responsible for any associated meal and/or travel costs) and provides 14 clock hours (certificate available at the end of the second day).

Over the course of their two-day workshop, ASIST participants learn to:

- Understand the ways that personal and societal attitudes affect views on suicide and interventions
- Provide guidance and suicide first aid to a person at risk in ways that meet their individual safety needs
- Identify the key elements of an effective suicide safety plan and the actions required to implement it
- Appreciate the value of improving and integrating suicide prevention resources in the community at large
- Recognize other important aspects of suicide prevention including life-promotion and self-care

**To register\*: Email Meghann Levitt at [meghann.levitt@co.carlton.mn.us](mailto:meghann.levitt@co.carlton.mn.us), providing your first and last name and phone number. If you are registering more than yourself, please also provide email addresses.**

*\*Please note:*

*Participants must be able to attend both full days to register.  
Registration is limited and is required by Friday, April 17<sup>th</sup>.*



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