



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



ASIST

Applied Suicide Intervention Skills Training

Date	Location	Time	Closing date for Applications
Wednesday 4th & Thursday 5th October 2017	Kilmore Diocesan Pastoral Centre, Cavan Link to map of location	9.00 a.m. – 5.00 p.m. x 2 days (Tea/Coffee & Lunch provided)	Friday 22 nd September 2017
Wednesday 8th & Thursday 9th November 2017	Child Wellbeing Centre, Castleblayney Link to map of location	9.00 a.m. – 5.00 p.m. x 2 days (Tea/Coffee & Lunch provided)	Friday 27 th October 2017

Please find enclosed **ASIST (Applied Suicide Intervention Skills Training)** application. This training is aimed at professionals and individuals who are working in an area where they are likely to come into contact with someone who is at risk of suicide. If you are interested in attending, please complete and return the application form attached by the deadline noted. Places are limited to twenty four participants on each course; therefore preference has to be given to potential participants who are working within the Cavan and Monaghan areas. For information on all co-ordinating sites please visit www.nosp.ie

The ASIST workshop can be very intense; therefore consideration is given to the relevance of the training to the individual's current role and to their experience to date of mental health issues. The ASIST programme exists within a suite of suicide prevention training, and it is recommended that potential candidates have experience or some training in mental health issues before attending this course, for example, attend training in mental health promotion or suicide prevention awareness (safeTALK). Preference has to be given to those who are currently working in an area where they are likely to come into contact with someone who is at risk of suicide.

It is recommended that anyone who has been bereaved or affected by a suicide within the past 12 months do not attend, as structured training like ASIST is probably not what they need. For more information and support for persons bereaved or affected by suicide, contact Pieta House on 01-628 2111.

Due to the high demand for places, a received application is not a guarantee of a place on the next available workshop. A waiting list will be maintained and you will be contacted as and when a place becomes available on future workshops scheduled.

Please return completed application forms to:

Emer Mulligan, Resource Officer for Suicide Prevention, HSE Cavan Monaghan Mental Health Services, Carrickmacross Primary Care Centre, Donaghmoyne Road, Carrickmacross, Co Monaghan.
Email: emer.mulligan@hse.ie, Tel: 086 1717563.

Yours sincerely

Emer Mulligan

Resource Officer for Suicide Prevention
HSE Cavan Monaghan Mental Health Services



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Health Service Executive



ASIST

Applied Suicide Intervention Skills Training

Applied Suicide Intervention Skills Training (ASIST)

- Aim:** ASIST is a two-day intensive, interactive and practice-dominated course designed to help caregivers recognise risk and learn how to intervene to prevent the immediate risk of suicide.
- Content:**
- Connecting – sensitize participants to their own attitudes towards suicide.
 - Understanding – focuses on providing participants with the knowledge and skills to recognise risk and develop safeplans.
 - Assisting – presents a model of effective suicide intervention.
 - Networking – generates information about resources in the local community.
- For Whom:** This workshop is a gatekeeper programme suitable for mental health professionals, social workers, counsellors, ambulance staff, community volunteers, Gardai etc.
- It is recommended that participants attend suicide awareness training (e.g. safeTALK) prior to doing this workshop.
- Method:** Participants develop their skills through observation, supervised simulations experiences and role play in large and small groups.
- Number of Places:** 24

Time keeping is critical. Participants need to attend the full programme (two full days 9 am to 5 pm) to receive certification. Participants arriving late and leaving before the programme is complete disrupt the learning process and will not receive a certificate of completion.

All Workshops are dependent on sufficient numbers to proceed. Short Listing for each Workshop will commence on the closing date. Participants will be offered a place one week before the workshop date.



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ASIST

Applied Suicide Intervention Skills Training

Application for consideration of a place on 'ASIST' Workshop
 For professionals and individuals who are in contact with individuals at risk of suicide
 Catchment Area: Cavan & Monaghan

Please Complete in Block Capitals. All questions must be answered.

Due to the sensitive content of this program it is strongly advised that those bereaved by suicide do not attend this training for at least 1 year after the bereavement.

Please confirm Training Location & Date: _____

Name (as it will appear on training certificate): _____

Applicants **cannot** send someone else in their place

Gender: Male ____ Female ____

Are you over the age of 18 years: Yes ____ No ____

Have you trained in safeTALK? If so, when?

In completing the section below, please be guided by the **main reason** you are attending this training, e.g. working capacity, role with a voluntary organisation, as a student etc.

SECTOR (PLEASE TICK ONE ONLY)	ORGANISATION / EMPLOYER (e.g. HSE, TUSLA etc.)	JOB TITLE / ROLE
Health		
Education		
Social work		
Youth work		
Community work		
Justice (e.g. Gardai)		
Defence (e.g. Army)		
Civil service (e.g. Govt dept.)		
Local authority (e.g. County Council)		
Agriculture		
Sports organisation / club		
Unemployed		
Student		

Other (please give details):

Work Address :	Home Address :
_____	_____
_____	_____
_____	_____

Email: _____

Contact phone number(s) (Daytime): _____
 For **you** (not Reception): e.g. Mobile / Work (and Home - if you job-share/ part-time etc)

Are you available at short notice (i.e. less than 2 weeks)? Yes ___ No ___

Briefly, why are you interested in this course? : _____

In what community will you be providing ASIST service? :

I have read the Background Information and I am happy that it will meet my training needs. Yes No

I understand role play is an essential part of this workshop. Yes No

I am over 18 years of age. Yes No

Have you been affected by self-harm, suicide or any other loss in the last year. Yes No

I understand the material covered in this workshop is emotional in nature. Yes No

I am personally ready to participate in this workshop. Should this change I will notify the organisers. Yes No

I understand that I must attend this workshop for 2 days, and that I must arrive on time. Yes No

Signature: _____ **Date:** _____ **Line Manager Signature:** _____

Please note participants must attend the entire workshop (two full days 9 am to 5 pm) otherwise certificates will not be awarded.

Please return this form to:

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