

# Suicide Prevention...what can you do?

## safeTALK Suicide Alertness for Everyone

Helps all members of the community identify persons with thoughts of suicide and connect them to suicide intervention resources. People attending this workshop need no previous experience or training in order to become more ready, willing and able to be suicide prevention helpers. The cost of this workshop is **\$45.00**. SafeTALK can also be offered at your workplace, or to your community group, if there are a number of interested participants.

### safeTALK Dates and Locations:

Thurs Dec 1, 2011 (9:00am - 12:30pm) ~ Guelph

Thurs Sept 6, 2012 (9:00am-12:30pm) ~ Kitchener

## ASIST Applied Suicide Intervention Skills Training

Helps all kinds of caregivers learn suicide first-aid intervention. Participants learn to identify who might be at risk, how to reach out and support the person and link them to resources. This is a full two-day workshop, offered from 9:00 to 5:00 each day. The cost of this workshop is **\$135.00**.

### ASIST Dates and Locations:

Thurs Oct 13 & Fri Oct 14, 2011 ~ Baden

Tues April 17 & Wed April 18, 2012 ~ Cambridge

Wed Nov 23 & Thurs Nov 24, 2011 ~ Guelph

Tues May 29 & Wed May 30, 2012 ~ Fergus

Tues Jan 24 & Wed Jan 25, 2012 ~ Orangeville

Tues June 12 & Wed June 13, 2012 ~ Waterloo

Tues Feb 21 & Wed Feb 22, 2012 ~ Waterloo

Tues Aug 14 & Wed Aug 15, 2012 ~ Guelph

Tues Mar 27 & Wed Mar 28, 2012 ~ Guelph

Wed Sept 12 & Thurs Sept 13, 2012 ~ Kitchener

A half-day LivingWorks ASIST TuneUp workshop is also available for those who have taken the ASIST workshop in 2006 or later. The Tune-Up is for those who wish to revisit the material and refresh their skills. The cost of this workshop is **\$45.00**.

### TuneUp Dates and Locations:

Mon Dec 5, 2011 (1:00pm - 5:00pm) ~ Cambridge

Wed April 18, 2012 (1:00pm - 5:00pm) ~ Guelph

## suicideCARE Aiding Life Alliances - Advanced Specialized Training

Helps clinicians, mental health practitioners and case managers by exploring the challenges presented to, and competencies required of, those who work with persons at risk of suicide on a longer-term basis. ASIST training is a pre-requisite.

SuicideCARE focuses on learning how to perform a comprehensive risk assessment and teaches a model for treatment that reduces the future risk of suicide. The workshop runs from 9:00 to 5:00. The cost of this workshop is **\$95.00**.

### suicideCARE Dates and Locations:

Fri Nov 25, 2011 ~ Guelph

Fri April 20, 2012 ~ Kitchener

To Register: e-mail [workshops@cmhagrb.on.ca](mailto:workshops@cmhagrb.on.ca) or call 519-766-4450 / 1-866-448-1603 x323

Enrolment is limited - There is a maximum of 4 individuals per organization / per session

Further subsidies may be available. Sorry, no refunds.

For more information, please visit our website: [www.cmhagrb.on.ca](http://www.cmhagrb.on.ca)



## The Challenge

Every year more people die by suicide than from all of the armed conflicts around the world. For every completed suicide, there are approximately 100 more people who injure themselves from non-fatal suicidal behaviours. In any year, approximately 6% of the population have serious thoughts of suicide.

How can further deaths and injuries be prevented? How can we support people to choose life when painful experiences prevent them from seeing a way forward?

## The Opportunity

Most people considering suicide share their distress and their intent. Training can help you see and respond to these invitations to help. It can also give you the confidence to ask about suicide if you are concerned about someone's safety. Training can provide you with the tools to help prevent the immediate risk of suicide.

Evaluations have shown that the workshops increase a person's knowledge and confidence to respond to a person at risk.



**LivingWorks**

[www.livingworks.net](http://www.livingworks.net)

## The Workshops

**safeTALK** is designed for anyone in contact with the public who wants to help prevent the immediate risk of suicide. Participants include anyone who connects with people in a school, recreational, security, community service, faith community, health, neighborhood or other community setting.

The emphasis of **ASIST** is on suicide first-aid. Participants learn to recognize invitations for help, reach out and offer support, review the risk of suicide and apply a suicide intervention model. Participants often include: emergency service workers, counsellors, teachers, ministers, health practitioners, community workers and volunteers.

The advanced specialized training of **suicideCARE** focuses beyond the immediate risk, discussing tasks, tools and traits to deal with underlying reasons and to resolve the import of suicide in a person's life.

## The Trainers

Suicide is a serious social issue that needs to be addressed on a community level. The best approach to this is the development of a Community Training Team that incorporates trainers from different organizations across our region. Each certified facilitator has undergone extensive training to deliver workshops that help caregivers of all types respond to someone at risk of suicide.

***The community team consists of trainers from the following supporting organizations:***

Canadian Mental Health Association  
Grand River Branch

Community Torchlight / Distress Centre  
Wellington/Dufferin

Community Member / Social Worker  
Lutherwood

Self Help Alliance

University of Guelph

Waterloo Regional Homes for Mental Health, Inc.