

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 first-aid resources. People attending this workshop need no previous experience or training in order to become more ready, willing and able to become 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:

Wed Nov 4, 2009 (1:00 - 5:00) ~ Guelph

Tues May 4, 2010 (1:00 - 5:00) ~ 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**.

A half-day Livingworks ASIST TuneUp workshop is also available for those who have taken the ASIST workshop (version 10), who wish to revisit the material and refresh their skills. The cost of this workshop is **\$45.00**.

ASIST Dates and Locations:

Thurs Oct 1 & Fri Oct 2, 2009 ~ Cambridge

Tues Mar 30 & Wed Mar 31, 2010 ~ Orangeville

Sat Oct 3 & Sun Oct 4, 2009 ~ Guelph

Tues Apr 13 & Wed Apr 14, 2010 ~ Kitchener

Wed Nov 18 & Thurs Nov 19, 2009 ~ New Hamburg

Tues May 18 & Wed May 19, 2010 ~ Waterloo

Wed Jan 13 & Thurs Jan 14, 2010 ~ Guelph

Wed July 7 & Thurs July 8, 2010 ~ Fergus

Tues Feb 16 & Wed Feb 17, 2010 ~ Waterloo

Wed Sept 8 & Thurs Sept 9, 2010 ~ Kitchener

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 cost of this workshop is **\$95.00**.

suicideCARE Dates and Locations:

Thurs Oct 15, 2009 ~ Guelph

Wed Apr 7, 2010 ~ Kitchener

To Register: e-mail workshops@cmhagrb.on.ca or call 519-766-4450 / 1-866-448-1603 x 323

Enrolment is limited - 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



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

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
- Grand River Hospital
Lutherwood
- Special Education Teacher / Social Worker
University of Guelph
- Wilfrid Laurier University