



Learn the skills. Help save a life.

Suicide is preventable. Anyone can make a difference.

- Two-day workshop in suicide intervention skills
- Learn and practice a life-saving intervention model
- Widely used by professionals and the general public

ASIST's impact in 2016



ASIST works

Studies show that ASIST participants gain:

- Knowledge about suicide
- Skills to reach out
- Confidence to help save a life

ASIST changes lives

Odds of improvement after receiving an ASIST intervention (2013 study):

- ▲ 35% more hopeful
- ▼ 31% less depressed
- ▼ 46% less overwhelmed
- ▼ 74% less suicidal

ASIST is cost-effective

50:1 return on investment in decreasing long-term costs of suicide (2015 study)

Learn more about ASIST and see the evidence at www.livingworks.net/ASIST