

ASIST **Canadian Mental Health Association**

Course Overview

ASIST is a two-day interactive workshop in suicide intervention and safety planning. Learn to:

- Recognize people at risk of suicide,
- Talk to them, hear their stories, and understand their situations, then
- Help them keep safe and develop an effective personal safety plan
- Connect them to community supports and resources

Widely used by both professionals and the general public, ASIST offers something to every participant, no matter how experienced.

ASIST is one of two levels of training offered throughout British Columbia through the Canadian Mental Health Association's Community Gatekeeper training program.

Fees

Tuition - \$421.63

Manual - \$40.00

Ready to Register?

FOR MORE INFORMATION:

P 250 997 7200

E cncmackenzie@cnc.bc.ca

cnc.bc.ca/mackenzie

12 hours

Date: March 4 - 5, 2020

8:30 am - 3:30 pm

2020S CECX 120 CI302

Did you know?

1 in 5 Canadians will be living with a mental health problem this year.

"If I sprain my ankle, chances are you'll know what to do. If I have a panic attack, chances are you won't"

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