



Suicide rates in Cornwall are **consistently** higher than the national average, with male suicide rates on average three times higher than female suicide rates.

People who die from suicide are not always in contact with health services, yet they often continue to go to work even as their ability to cope deteriorates. More than two thirds of people are in employment, so the workplace offers a practical opportunity to reach people who need support and to reduce stigma around mental health.

ASIST - Two Day Training Course

anyone can learn the skills to save a life from suicide

Applied Suicide Intervention Skills Training (**ASIST**) is a two-day, internationally recognised, interactive workshop in suicide first aid.

ASIST teaches participants to recognise when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Participants don't need any formal training to attend the workshop—anyone 16 or older can learn and use the **ASIST** model.

Having an **ASIST** trained employee is also an important step in tackling stigma surrounding suicide. Suicidal thoughts are far more common than people realise - **one in five adults** say they have **thought** about taking their own life at some point.

What you will learn

By the end of the course you will be equipped with the skills necessary to help a person at risk of suicide stay safe and seek further help by knowing how to effectively:

- Discuss suicide with a person at risk in a direct manner
- Identify risk alerts and develop a safe plan relating to them
- Demonstrate the skills required to intervene with a person at risk of suicide
- List resources available both locally and nationally
- Recognise that suicide prevention is broader than suicide first aid and includes life promotion and self care

"Suicide is a difficult subject to talk about. Taking positive and practical steps to support employees is important and can make a real difference in saving lives."

Dr Steve Boorman, Director of Employee Health, Empactis



Health
Promotion
Service

“ Some people signpost that they are likely to take their own lives in advance and they may well communicate that to work colleagues. Being aware of what to look out for and then knowing how to respond effectively can literally save lives. If in doubt – act. ”

Paul Litchfield, BT

The best foundation for suicide prevention is a holistic approach to health and wellbeing in the workplace, which encourages employees to understand its importance and to be open about their concerns and anxieties.

Nigel Jones, Partner & Co-Head
Healthcare, Linklaters LLP & Chair, City
Mental Health Alliance

To Book

This **2 day** course is **free** for all those living or working in Cornwall.

www.healthpromcornwall.org/training-programme/

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