

# ASIST

APPLIED

SUICIDE

INTERVENTION

SKILLS

TRAINING



**JAN. 23 & 24**  
**8:30A-4:30P**

**RYAN WELLNESS CENTER**  
**1000 ALPINE AVE**  
**BOULDER**  
**COLORADO RM**  
**EAST & WEST**

This 2-day interactive workshop teaches participants to recognize when someone may be having thoughts of suicide and works with them to create a plan that will support their immediate safety.

Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—anyone 16 or older can learn and use the ASIST model.

Since its development in 1983, over 1,000,000 people have taken the workshop. Studies show that the ASIST method helps reduce suicidal feelings in those at risk, and is a cost effective way to help address the problem of suicide.

**\$100**  
**CLASS**  
**FEE**

**FREE TO**  
**MHP**  
**STAFF &**  
**CLIENTS**

**REGISTER BY EMAILING**  
**MHPLEARN@MHPCOLORADO.ORG**



**Mental Health**  
**PARTNERS**

*Healthy minds, healthy lives, healthy communities*