

# FREE Suicide Prevention Training



# <u>ASIST</u>

# December 7—8, 2020 8:00 am—5:00 pm High Country Conference Center - Peaks Ballroom 201 West Butler Avenue; Flagstaff, AZ 86004

(Free lunch for participants)

## What is ASIST?

It is a two-day interactive workshop in suicide first-aid. *ASIST* teaches participants to recognize when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety. Participants will learn to recognize other important aspects of suicide prevention including life-promotion and self-care.

## Who Should Attend?

Anyone 16 years old or older who wants to help people to be safer from suicide can participate in the training. Attendees who are 16-17 years old will need parental consent to attend the training.

### COVID-19 Safety Guidelines:

All participants must wear masks and practice social/physical distancing during the training.

### Training Attendance and Registration:

Training is in-person and will be limited to 12 participants. To register, please click here

### For more information, contact:

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