

Suicide Prevention...what can you do?

safeTALK Suicide Alertness for Everyone

Helps all members of the community identify persons with thoughts of suicide and connect them to suicide intervention resources. People attending this workshop need no previous experience or training in order to become more ready, willing and able to be suicide prevention helpers. The cost of this workshop is **\$45.00**. SafeTALK can also be offered at your workplace, or to your community group, if there are a number of interested participants.

safeTALK Dates and Locations:

Tues Mar 8, 2011 (1:00 - 5:00) ~ Kitchener

ASIST Applied Suicide Intervention Skills Training

Helps all kinds of caregivers learn suicide first-aid intervention. Participants learn to identify who might be at risk, how to reach out and support the person and link them to resources. This is a full two-day workshop, offered from 9:00 to 5:00 each day. The cost of this workshop is **\$135.00**.

A half-day LivingWorks ASIST TuneUp workshop is also available for those who have taken the ASIST workshop (version 10), who wish to revisit the material and refresh their skills. The cost of this workshop is **\$45.00**.

ASIST Dates and Locations:

Wed Oct 20 & Thurs Oct 21, 2010 ~ Guelph

Thurs Nov 18 & Fri Nov 19, 2010 ~ Kitchener

Tues Jan 11 & Wed Jan 12, 2011 ~ Waterloo

Tues Feb 22 & Wed Feb 23, 2011 ~ Guelph

Thurs Mar 24 & Fri Mar 25, 2011 ~ Baden

Mon Apr 11 & Tues Apr 12, 2011 ~ Orangeville

Tues May 17 & Wed May 18, 2011 ~ Waterloo

Wed June 8 & Thurs June 9, 2011 ~ Guelph

Wed Aug 10 & Thurs Aug 11, 2011 ~ Fergus

Tues Sept 13 & Wed Sept 14, 2011 ~ Cambridge

TuneUp Dates and Locations:

Tues Dec 7, 2010 (1:00 - 5:00) ~ Kitchener

Thurs Apr 7, 2011 (1:00 - 5:00) ~ Guelph

suicideCARE Aiding Life Alliances - Advanced Specialized Training

Helps clinicians, mental health practitioners and case managers by exploring the challenges presented to, and competencies required of, those who work with persons at risk of suicide on a longer-term basis. ASIST training is a pre-requisite.

SuicideCARE focuses on learning how to perform a comprehensive risk assessment and teaches a model for treatment that reduces the future risk of suicide. The workshop runs from 9:00 to 5:00. The cost of this workshop is **\$95.00**.

suicideCARE Dates and Locations:

Thurs May 12, 2011 ~ Waterloo

To Register: e-mail workshops@cmhagrb.on.ca or call 519-766-4450 / 1-866-448-1603 x323

Enrolment is limited - There is a maximum of 4 individuals per organization / per session

Further subsidies may be available. Sorry, no refunds. For more information, please visit our website:

www.cmhagrb.on.ca

The Challenge

Every year more people die by suicide than from all of the armed conflicts around the world. For every completed suicide, there are approximately 100 more people who injure themselves from non-fatal suicidal behaviours. In any year, approximately 6% of the population have serious thoughts of suicide.

How can further deaths and injuries be prevented? How can we support people to choose life when painful experiences prevent them from seeing a way forward?

The Opportunity

Most people considering suicide share their distress and their intent. Training can help you see and respond to these invitations to help. It can also give you the confidence to ask about suicide if you are concerned about someone's safety. Training can provide you with the tools to help prevent the immediate risk of suicide.

Evaluations have shown that the workshops increase a person's knowledge and confidence to respond to a person at risk.



LivingWorks

www.livingworks.net

The Workshops

safeTALK is designed for anyone in contact with the public who wants to help prevent the immediate risk of suicide. Participants include anyone who connects with people in a school, recreational, security, community service, faith community, health, neighborhood or other community setting.

The emphasis of **ASIST** is on suicide first-aid. Participants learn to recognize invitations for help, reach out and offer support, review the risk of suicide and apply a suicide intervention model. Participants often include: emergency service workers, counsellors, teachers, ministers, health practitioners, community workers and volunteers.

The advanced specialized training of **suicideCARE** focuses beyond the immediate risk, discussing tasks, tools and traits to deal with underlying reasons and to resolve the import of suicide in a person's life.

The Trainers

Suicide is a serious social issue that needs to be addressed on a community level. The best approach to this is the development of a Community Training Team that incorporates trainers from different organizations across our region. Each certified facilitator has undergone extensive training to deliver workshops that help caregivers of all types respond to someone at risk of suicide.

The community team consists of trainers from the following supporting organizations:

- Canadian Mental Health Association
Grand River Branch
- Community Torchlight / Distress Centre
Wellington/Dufferin
- Grand River Hospital
- Lutherwood
- Self Help Alliance
- Special Education Teacher / Social Worker
- University of Guelph
- Waterloo Regional Homes for Mental Health, Inc.
- Wilfrid Laurier University