

ASIST

Applied Suicide Intervention Skills Training

**FREE
Training!**



**October
8th - 9th**

8:30 am – 4:30 pm

Location to be shared
upon registration.

Lunch and snacks
provided.

CEU credits available.

**For more information or
accommodations:**

[BentonHealthyCommunities](https://www.bentoncountyor.gov/HealthyCommunities)
[@BentonCountyOR.gov](https://www.bentoncountyor.gov)



**Benton
County**

HEALTH DEPARTMENT

This training:

ASIST is a two-day, interactive suicide first aid workshop that empowers participants to recognize and respond to someone at risk.

- Research-based and trusted by professionals.
- Learnable by anyone, regardless of background.
- Includes built-in safety resources and support tools.

Training participants will:

- Learn how personal beliefs and society's views can shape how people think about suicide.
- Find out how to offer help and keep someone safe in a way that fits their needs.
- Explore what makes a strong safety plan for someone thinking about suicide.
- Understand why it is important to have more resources in the community to prevent suicide.
- Learn about other important parts of preventing suicide.

Register:

bit.ly/BentonCoASIST-Oct26



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