

Learn the skills. Help save a life.

Suicide is preventable. Anyone can make a difference.

- Two-day workshop in suicide intervention skills
- Learn and practice a life-saving intervention model
- Widely used by professionals and the general public

ASIST's impact in 2016

87,567 participants 15,201 suicide attempts prevented Estimate based on studies

ASIST works

Studies show that ASIST participants gain:

- ▼ Knowledge about suicide
- ▼ Skills to reach out
- ▼ Confidence to help save a life

ASIST changes lives

Odds of improvement after receiving an ASIST intervention (2013 study):

- ▲ 35% more hopeful
- ▼ 31% less depressed
- ▼ 46% less overwhelmed
- **7**4% less suicidal

ASIST is cost-effective

return on investment in decreasing long-term costs of suicide (2015 study)

Learn more about ASIST and see the evidence at www.livingworks.net/ASIST



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ASIST

suicide to **Hope**