



For better  
mental health

## Milton Keynes Mind Counselling At Farthing House

### ASIST

Applied Suicide Intervention Skills (ASIST) is now by far the most widely used suicide intervention skills training in the world, with 3000 registered trainers in Canada, USA, Australia, New Zealand, Norway, Ireland and the UK.

ASIST is a Living Works Education Suicide Intervention Programme that aims to enable helpers (both lay and professional) to become more willing, ready, and able to recognise and intervene effectively to help persons at risk of suicide.  
ASIST is intended as suicide first aid training.

Suicide is a community wide problem

Suicide is not mental illness

Thoughts are understandable, complex and personal

Suicide can be prevented

Most people with thoughts of suicide indicate, directly or indirectly, that they want to live

Help seeking is encouraged by open, direct and honest talk about suicide

The best way to identify people with thoughts of suicide is to ask them directly about their thoughts

Relationships are the context of suicide intervention

Intervention should be the main suicide prevention focus

Co-operation is the essence of intervention

Intervention skills are known, and can be learned

[www.chooselife.net](http://www.chooselife.net)