



# ASIST

*Applied Suicide Intervention Skills Training*



**Mental Health FIRST AID**  
from NATIONAL COUNCIL FOR MENTAL WELLBEING

**Youth MHFA (Adults Assisting Youth)**  
**Adult MHFA (Adults Assisting Adults)**

**FREE TRAININGS  
FOR HAYS COUNTY!**

## **THE PREMIER MENTAL HEALTH "PREVENTION" & SUICIDE "INTERVENTION" TRAININGS IN THE WORLD**

### **LEARN HOW TO SUPPORT YOUR FRIENDS, FAMILY, AND NEIGHBORS**

Mental Health First Aid (MHFA) teaches you how to identify, understand, and respond to signs of mental health and substance use challenges.

You'll build skills and confidence you need to reach out and provide initial support to those who are struggling. You'll also learn how to help connect them to appropriate support.

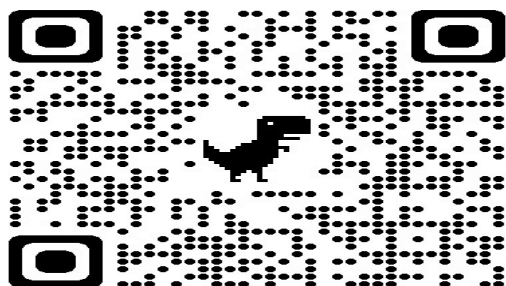
### **After the course, you will be able to:**

- Recognize common signs and symptoms of mental health challenges.
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a person in crisis.
- Know how to connect a person with help.
- Use self-care tools and techniques.

**YOU MUST BE 18 TO ATTEND**

**ASIST 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. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop.**

**SCAN CODE FOR DATES,  
IMPLEMENTATION, & TIMES**



**Training provided by the  
Hill Country MHDDC  
MHFA Team**

**In the course of the two-day workshop, ASIST participants learn to:**

- **Understand the ways personal and societal attitudes affect views on suicide and interventions**
- **Provide guidance and suicide first-aid to a person at risk in ways that meet their individual safety needs**
- **Identify the key elements of an effective suicide safety plan and the actions required to implement it**
- **Appreciate the value of improving and integrating suicide prevention resources in the community at large**
- **Recognize other important aspects of suicide prevention including life-promotion and self-care**

