




# SUICIDE IS PREVENTABLE KNOW THE SIGNS.

November 14 & 15, 2019.

Register for a *free* two-day Applied Suicide Intervention Skills Training (ASIST)

## APPLIED SUICIDE INTERVENTION SKILLS TRAINING

 **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.

ASIST can be learned and used by anyone.

## GOALS & OBJECTIVES

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.

## WHEN

**November 14 - 15, 2019** (two-day) 8:30 a.m. - 4:00 p.m.  
Light Refreshments provided

**Lunch Break (on your own)**  
12:00 - 1:00 p.m.

## LOCATION

Sutter Health Kahi Mohala  
91-2301 Fort Weaver Road  
Ewa Beach, Hawaii 96706

Administration Level  
Hibiscus Conference Room

## FACILITATOR

**Brent Oto, MA, CPS**  
Suicide Prevention Program Manager  
Army Substance Abuse Program

**REGISTRATION IS REQUIRED | LIMITED SEATING**

BY EMAIL

[KMcommunityrelations@sutterhealth.org](mailto:KMcommunityrelations@sutterhealth.org)

 **Sutter Health**  
Kāhi Mōhala

Community Education Series 2019  
For questions, call 808-677-2805