

Suicide First Aid Training

ASIST.

(Applied Suicide Intervention Skills Training)

Unique Community based Suicide Prevention Training for the whole community

Feb & April 2011

2 Day workshop
PIPS Newry & Mourne House



ASIST

Applied Suicide Intervention Skills Training

Over 18's workshop

P.I.P.S. Newry & Mourne

028 302 66195

info@pipsnewryandmourne.org

Suicide is everyone's business



Suicide Safer Community

Suicide Safer Community 2011

Rathfriland Community Centre

14th April 2011

Open to anyone over the age of 16 Years

Topics covered

- Suicide in Northern Ireland
- Protect Life Strategy for Northern Ireland
- Southern Area Statistics
- Pharmacy Dump Programme
- Myths & Facts
- Coping with Loss after Suicide
- Protective Factors of Suicide
- Education & Training Programmes available

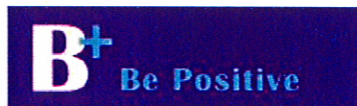
For more information contact

PIPS Newry & Mourne office T: 028 3026 6195

Wendy McKibben Rathfriland Community Centre T; 028 4063 8188

E: info@pipsnewryandmourne.org

Additional workshops to be delivered throughout the year



Mental Health Programme

Suitable for Youth aged 14 -18

- What is Mental Health?
- What affects our Mental Health?
- What do we do when we have concerns about our o
- Where to go for help and support?

Promotion of awareness of our own coping mechanisms, the importance of self care and sharing of resources and ideas



safeTALK

suicide alertness for everyone

Three hours in duration, is a training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources.

As a safeTALK-trained suicide alert helper, you will be better able to move beyond common tendencies to miss, dismiss or avoid suicide;

Identify people who have thoughts of suicide;

Apply the TALK steps (Tell, Ask, Listen and KeepSafe) to connect a person with suicide thoughts to suicide first aid, intervention caregivers.

