



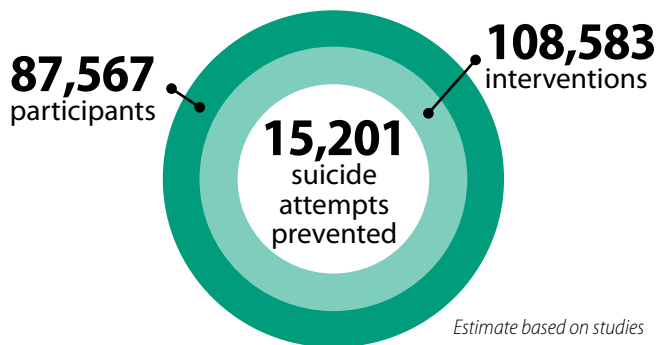
Learn the skills.

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



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
- ▼ 74% less suicidal

Making a difference!



Kiersten's Ride

Bringing help, hope and healing through suicide prevention in Northern Lower Michigan

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