



ASIST

Worlds Leading Suicide Intervention Training

Trusted by professionals, **approved** by World Health Organisation and
learnable by anyone



Unlock the power to save a life



Learn lifesaving skills: Gain the ability to recognise when someone may have thoughts of suicide and take action to keep them safe.

Develop a safety plan: Learn how to help someone in crisis stay safe by creating a personalized plan and exploring further support options.

Evidence based training: Learn and practice using a proven **intervention** model facilitated by certified Living Works trainers.

Two day workshop: Engage in an interactive training designed to build confidence, reflection and competence in suicide first aid.

Build community support: Strengthen your ability to provide care and support within your workplace & community.

2025 ASIST HOSTED BY ALL ABOUT TRANQUIL

WHEN: MARCH 3rd & 4th, SEPTEMBER 1st & 2nd
WHERE: TRANQUILLITY CRESCENT BRIDGEWATER
INVESTMENT: \$420 (Catering & workbook included)
FACILITATORS: Michaela Mitchell & Neale Apps



Join us at our unique location on 1 acre overlooking the river Derwent

BOOKINGS: WWW.AATRANQUIL.COM.AU OR

AATRANQUIL@GMAIL.COM

(private bookings available)