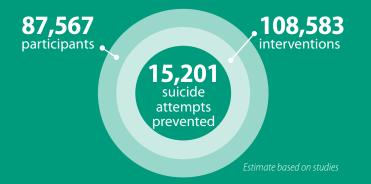
# E ASIST Learn the skills. Help save a life.

## 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

#### **ASIST is cost-effective**

return on investment in decreasing long-term costs of suicide (2015 study)

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



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