



ASIST
Applied Suicide Intervention Skills Training



PRE-REGISTRATION REQUIRED

**REGISTER
HERE**

Participants **MUST** be able to attend both days

May 18 & 19 Thursday and Friday

10:00 am - 6:00 pm

Location: Monterey County Health Department
Whitney Conference Rooms 1270
Natividad Road
Salinas, CA 93906

July 11 & 12 Tuesday and Wednesday

10:00 am - 6:00 pm

Location: San Benito County Behavioral Health
Redwood Conference Room
1131 Community Parkway
Hollister, CA 95023

September 28 & 29 Thursday and Friday

10:00 am - 6:00 pm

Location: Family Service Agency Central Coast
104 Walnut Avenue, Suite #20
Santa Cruz, CA 95060



Scan the code for more training information

ASIST is a 2-day training program that teaches participants how to assist those at risk for suicidal thinking, behavior, and attempts. Although many healthcare professionals use ASIST, anyone 16 years or older can use the approach, regardless of professional background.

Program Objectives

After training, ASIST participants should be able to:

- Recognize that caregivers and persons at risk are affected by personal and societal attitudes about suicide.
- Discuss suicide in a direct manner with someone at risk.
- Identify risk alerts and develop related safety plans.
- Demonstrate the skills required to intervene with a person at risk of suicide.
- List the types of resources available to a person at risk, including themselves.
- Make a commitment to connecting with and improving community resources.
- Continuing Education Units (CEUs) are available and provided by LivingWorks.

FSA CC

Family Service Agency of the Central Coast

Attendance is free, thanks to our community partners' support



For registration information or if you have any questions, please reach out to us at sps24hr@fsa-cc.org



Suicide Prevention Service of the Central Coast



safeTALK

Suicide Alertness For Everyone

Suicide is preventable; anyone can make a difference.



No Cost To Attend

What is safeTALK?

safeTALK is a 4-hour evidenced based suicide alertness program that teaches community members to recognize persons with thoughts of suicide and to connect them to suicide intervention resources.

What is the goal?

- Notice, respond and recognize situations in which suicidal thoughts may be present.
- Move beyond the myths and stigmas that keep us silent.
- Learn how to connect to community resources to keep a person safe for now.



SCAN ME

May 25

10:00 am - 2:00 pm
Family Service Agency
Training Room
104 Walnut Avenue
Santa Cruz, CA 95060

June 22

10:00 am - 2:00 pm
Strada Verde Innovation Park
354 1st Street
Hollister, CA 95023

July 31

10:00 am - 2:00 pm
King City Library
402 Broadway Street
King City, CA 93930

November 4

10:00 am - 2:00 pm
Marina Library
190 Seaside Circle
Marina, CA 93933

Pre-Registration is Required

REGISTER HERE

**Scan the code for
more training
information!**



Suicide Prevention Service of the Central Coast

LET'S TALK ABOUT IT

SUICIDE PREVENTION AWARENESS COMMUNITY PRESENTATION (ADULTS)

One-hour (60 minutes) | Available for free | Presented in Spanish and English



Pre-Registration Required

REGISTER HERE

June 16 (Spanish)

3:00 pm - 4:00 pm
Watsonville Public Library
275 Main Street, Suite 100
Watsonville, CA 95076

July 21 (Spanish)

4:00 pm - 5:00 pm
King City Library
402 Broadway Street
King City, CA 93930

September 25 (English)

12:00 pm - 1:00 pm
Suicide Prevention Service
104 Walnut Ave, Suite 200
Santa Cruz, CA 95060

Learning Objectives:

- Importance of discussing suicide and mental health
- Beliefs and attitudes regarding suicide
- Identifying warning signs for individuals at risk
- Self-care strategies and seeking help
- Providing support to someone at risk
- Locating and accessing relevant resources
- Understanding the process when contacting 9-8-8 (suicide prevention hotline)
- Addressing questions and providing answers



Family Service Agency of the Central Coast

**SCAN THE CODE FOR MORE INFORMATION
ABOUT THE PRESENTATIONS**



SCAN

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