

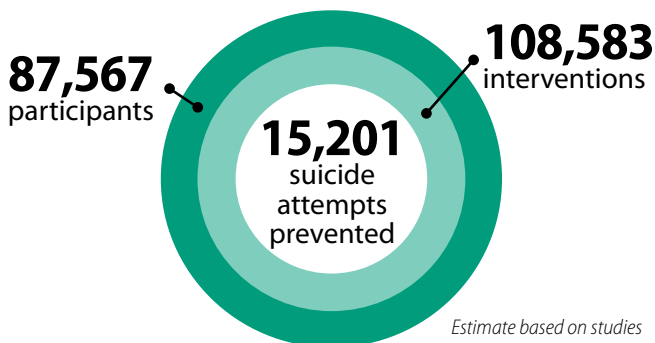


# Learn the skills. Help save a life.

**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:

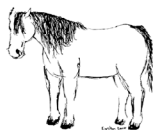
- ✓ Knowledge about suicide
- ✓ Skills to reach out
- ✓ Confidence to help save a life

## 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](http://www.livingworks.net/ASIST)