TEAM KENTUCKY
CABINET FOR HEALTH AND FAMILY SERVICES

LIVINGWORKS ASIST

MHA Mental Health America of Kentucky

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)

Oct. 13-14, 2026
8:00 a.m. - 5:00 p.m. ET
Morehead, KY

$25

Every day, someone in your community faces thoughts of suicide. And every day, caring people like you have the power to help keep them safe.

LivingWorks ASIST (Applied Suicide Intervention Skills Training) gives you the confidence, knowledge and practical tools to intervene when it matters most.

You don't need to be a counselor or mental health professional – just someone who's willing to care, to listen and to take action.

When you become a Suicide First-Aid Helper, you become a vital part of the Network of Safety – where people everywhere are using their skills to help save lives and bring hope.

Over **two** engaging days led by certified LivingWorks Trainers, you'll learn through real conversations, group practice and shared reflection in a safe, supportive environment. You'll:

- Build confidence to ask directly about suicide
- Listen with empathy and without judgment
- Explore personal attitudes and beliefs that affect your ability to help
- Create a collaborative Safety Plan to help someone stay safe for now
- Connect them to further care and ongoing support

Scan or **click here** to register!

For more information, please visit the LIvingWorks website at https://livingworks.net/