



Many people are struggling right now and you can help.
Learn the Skills to Help Save a Life.

These are no-cost, live, in person trainings.

Masks are required to be worn all day and social distancing guidelines will be followed

Attendance both days is required.

**OCTOBER 21 & 22, 2020
BERLIN, CT
8:30 AM - 4:30 PM**

**OCTOBER 27 & 28, 2020
MIDDLETOWN, CT
9:00 AM - 5:00 PM**

**NOVEMBER 18 & 19, 2020
PLAINVILLE, CT
8:30 AM - 4:30 PM**

**DECEMBER 1 & 2, 2020
HAMDEN, CT
8:30 AM - 4:30 PM**

**DECEMBER 7 & 8
PLAINVILLE, CT
8:30 AM - 4:30 PM**

**Pre-registration is required.
Follow this link to select
your training:**

**[ctclearinghouse.org/registration/asist-
applied-suicide-intervention-skills-](https://ctclearinghouse.org/registration/asist-applied-suicide-intervention-skills-)**



Applied Suicide Intervention Skills Training (ASIST) is a two-day workshop designed for family, friends, community members and those in formal helping roles who may be the first to talk with a person having thoughts of suicide.

ASIST teaches the skills needed to provide suicide first aid help as part of the care you provide.

Participants learn how to:

- ◇ Recognize people at risk of suicide
- ◇ Talk, hear their story and understand their situation
- ◇ Help them stay safe with a life-affirming intervention

These trainings are hosted by Wheeler Clinic's Connecticut Center for Prevention, Wellness & Recovery and made available at no-cost by support from the Connecticut Suicide Advisory Board (CTSAB).