



ASIST

**LEARN THE SKILLS TO
HELP SAVE A LIFE**

**January 16th & January 17th
10:00 AM - 5:00 PM**

**Norwalk Library: Main Branch
1 Belden Avenue, Norwalk CT**

**Training is free and in-person.
Participants are required to attend
both full days.**

**CEUs available for certain professions,
<https://www.ceunits.com/livingworks/>**

The **Applied Suicide Intervention Skills Training (ASIST)** is a two-day workshop designed to teach individuals how to provide a skilled intervention with a person having thoughts of suicide and how to develop a collaborative safety plan to keep someone safe and alive.

ASIST teaches the skills needed to provide crucial and timely suicide first aid help. Participants will learn how to prevent suicide by:

- Recognizing signs
- Providing a skilled intervention
- Develop a safety plan

REGISTRATION REQUIRED

**To register for the ASIST program,
email Kelley Tomlinson at
ktomlinson@norwalkct.gov or call
203-854-7982.**

