



Interlake-Eastern
Regional Health Authority

ASIST: Applied Suicide Intervention Skills Training



NOVEMBER 19 - 20, 2026 (2 DAYS)

FROM: 8:30am – 4:30pm

**Selkirk Regional Health Centre (MPR)
120 Easton Drive, Selkirk, Manitoba**

Participants must attend the two full days to receive a certificate of completion.

This 2-day workshop offers practical intervention skills and is designed to develop more preparation, skill and confidence with supporting individuals experiencing thoughts of suicide. Suicide can be prevented with the help of prepared caregivers. ASIST is the world's leading suicide intervention training program.

Participants will learn the following:

- **Recognize when someone may have thoughts of suicide**
- **How to engage in a compassionate and collaborative conversation**
- **Work with them to create a plan that will support their immediate safety**

This is a supportive and interactive learning environment.

LUNCH: Please bring a lunch, as this will not be provided. AM + PM snacks provided.

COST: \$100 IERHA staff (payment is required to secure spot); **\$125 external to IERHA**

- **IERHA staff may be able to use Regional Education funds towards registration costs, visit “How do I apply?” on StaffNet under Education & Training)**
- **External Applicants are asked to complete the application form found here:**
<https://www.ierha.ca/wp-content/uploads/External-Application-Form.pdf>.

Questions?

204-785-4760

education@ierha.ca

Registration

Register for this session on
the LearnFlex (LMS).

Registration is required to attend the session.