

# Community Gatekeeper Training



Canadian Mental Health Association  
British Columbia  
Mental health for all

## ASIST two-day training Helping people at risk of suicide

**Suicide is preventable. Anyone can make a difference.**

ASIST is a two-day interactive workshop in suicide intervention and safety planning. Learn to:

- Recognize people at risk of suicide,
- Talk to them, hear their stories, and understand their situations, then
- Help them keep safe and develop an effective personal safety plan
- Connect them to community supports and resources

Widely used by both professionals and the general public, ASIST offers something to every participant, no matter how experienced.

ASIST is one of two levels of training offered throughout British Columbia through the Canadian Mental Health Association's Community Gatekeeper training program. SafeTALK, a half-day training in suicide alertness, is also available.



You're someone who is there to listen when people need to talk—and with Community Gatekeeper training you may be able to help save a life.

### WHY TAKE ASIST?

**LIFE-SAVING:** Anyone can experience thoughts of suicide. By giving participants the skills to help friends, family members, colleagues, and clients stay alive, ASIST supports suicide-safer communities.

**TRUSTED:** ASIST is the most widely used suicide intervention training workshop in the world. Over 100,000 people attend ASIST each year in more than 30 countries.

**ENGAGING:** ASIST is a dynamic, hands-on workshop that uses adult learning principles. It includes presentations, discussions, and audiovisuals, plus simulations to practice intervention skills.

**PROVEN:** ASIST works. A major 2013 study showed that the ASIST intervention process significantly reduces thoughts of suicide and helps people at risk feel more hopeful about living.<sup>1</sup>

**COST-EFFECTIVE:** A 2015 RAND Corporation study found that for every \$1 spent on the ASIST program in California, the state government would save \$50 in medical expenses and associated costs.<sup>2</sup>

<sup>1</sup> Gould, M. S., Cross, W., Pisani, A. R., Munfakh, J. L., & Kleinman, M. (2013). Impact of Applied Suicide Intervention Skills training on the National Suicide Prevention Lifeline. *Suicide and Life-Threatening Behavior*, 43:6, 676-691. <sup>2</sup> Ashwood, J. S., Briscoe, B., Ramchand, R., May, E., Burnam, M. A. (2015). Analysis of the Benefits and Costs of CalMHSA's Investment in Applied Suicide Intervention Skills Training (ASIST).

To learn more about bringing Community Gatekeeper training to your community or workplace, please contact Dammy Damstrom Albach at 604-688-3234 ext. 2710 or [dammy.albach@cmha.bc.ca](mailto:dammy.albach@cmha.bc.ca).

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