

LivingWorks ASIST

Join the Network of Safety

Become part of a global community of people
helping others in their time of crisis.

Southeast Kansas
Mental Health
Center



LIVINGWORKS

What is ASIST?

ASIST stands for Applied Suicide Intervention Skills Training and provides the most in-depth, practical intervention skills. Learners learn how to engage directly with a person thinking about suicide, reduce immediate risk, and co-create a personalized Safety Plan that promotes hope, safety, and connection.

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 take LivingWorks ASIST, you become part of a global community of people helping others in their time of crisis. Together, we're building a world where suicide prevention is everyone's business – and everyone is equipped to help.

Over two days, our certified trainers will teach you how to:

- 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

Visit our site to set up a training with our certified LivingWorks Trainers

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**www.sekmhc.org
(866) 973-2241**