

Learn the Skills. Help Save a Life.



ASIST

Applied Suicide Intervention Skills

*Learn how to support
those experiencing
emotional distress or
mental health crises*

Two-Day Workshop November 19-20, 2026

Participants will learn to:

- **Understand** attitudes and beliefs about suicide and intervention
- **Provide** suicide first aid based on individual safety needs
- **Identify** key elements of an effective safety plan
- **Strengthen** community suicide prevention resources
- **Promote** well-being, connection, and self-care



Offered by LBL ESD and Linn County Health Services at no cost to you.

Space is limited and registration is required.



 **November 19–20, 2026**

 **8:30 AM–4:00 PM
both days**

 **Armory Building
104 SW 4th Ave
Albany, OR**

 **No cost to participants**

 **Certified ASIST Trainers**

Register at linntogether.org/community-training