ASIST

Applied Suicide Intervention Skills

Learn the Skills. Help Save a Life.

ASIST is a two-day, interactive skills-based workshop that teaches participants how to recognize when someone may be thinking about suicide and provide a suicide first aid intervention.

Participants will learn to:

- Understand how personal attitudes and beliefs influence suicide intervention
- Recognize and respond to invitations for help
- Ask directly about suicide and listen without judgment
- Use a structured intervention model to develop a collaborative safety plan
- Connect individuals with resources and ongoing support

No professional experience or training is required to take this class. This class is for participants 18 years and older. You must attend both days to receive certification.

Offered Linn County Health Services in partnership with LBLESD and Jackson Street Youth 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