



**Gem State Public Health AmeriCorps Presents:**



**Learn the skills.**

**Help save a life.**

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

- 2 day workshop in suicide intervention skills
- Learn and practice a life-saving intervention model
- Widely used by professionals and the general public

**ASIST *changes* lives!**

**Odds of improvement after receiving an ASIST intervention (2013 study):**

- 35% more hopeful
- 31% less depressed
- 46% less overwhelmed

**ASIST works.**

**Studies show that ASIST participants gain:**

- Knowledge about suicide
- Skills to reach out
- Confidence to help save a life



**Free ASIST Workshop**

**September 5 -6**

**8:30am - 4:30pm**

Training Location:

3750 E Lincoln Road  
Idaho Falls, ID 83406

**REGISTER WITH THE QR CODE OR AT THIS LINK:**

<https://tinyurl.com/2auksnyb>

**INCLUDES:** LivingWorks Certification and CEU after completing 16 hours of training.

**BECOME A CERTIFIED ASIST INTERVENTIONIST!**

For questions, contact Idaho State University at [irhesisu.edu](http://irhesisu.edu) or 208.282.4436

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