



ASIST®

Applied Suicide Intervention Skills Training

FREE Training to all who live or work in the Chinle Service Unit area

- **NO QUALIFICATIONS REQUIRED**
- **ANYONE CAN HAVE THOUGHTS OF SUICIDE**
- **EVERYONE CAN LEARN HOW TO HELP:**
 - ✓ *Spot the signs that someone may be having thoughts of suicide*
 - ✓ *Have confidence not to miss, dismiss or avoid these signs*
 - ✓ *Be ready, willing and able to apply "Suicide First Aid"*
 - ✓ *Keep the person safe by creating a safe plan*
 - ✓ *Connect them to other resources*

ASIST is a 2 Consecutive Days Training Course.

The training course will be held at the Chinle Unified School District (CUSD) Administration Building Board Room and Conference Room in Chinle, Arizona.

Training Dates: October 8-9, 2014 (Wednesday and Thursday)

For course registration or for more information, please contact:
Tehnijah Jake, Mental Health Specialist Chinle Health Promotion/MSPI
Email: tehnijah.jake@ihs.gov
Telephone: (928) 674-7178/7873

METH & SUICIDE PREVENTION INITIATIVE



Nurturing Hozho: Body, Mind, & Spirit