

Tune Up ASIST refresher course

Tune Up is a half day (three hours) refresher workshop for those who have attended the full ASIST course in the past. We recommend participants take Tune Up courses at least every 15 months in order to maximise their care-giver competencies and simply refresh what they have learned previously.

suicideTALK

suicideTALK is a three hour session that invites participants to become more aware of suicide prevention opportunities in their community. Dealing openly with the stigma around suicide, this exploration focuses upon the question: "Should we talk about suicide?"



Get in touch today to find out how we can help you and your organisation



For further information contact:

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For information on all BAVO courses, visit our training pages at www.bavo.org.uk

Welsh language version on request

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BAVO

Bridgend Association of Voluntary Organisations
Cymdeithas Mudiadau Gwirfoddol Sir Pen-y-bont

Suicide prevention courses



BAVO empowering people to intervene

BAVO has been helping communities across Wales become suicide-safer since 2008. Our ASIST (Applied Suicide Intervention Skills Training) programme is part of a suicide prevention strategy across the Globe.

BAVO's strong history of excellence has continued to contribute towards better preparing our communities to intervene and prevent suicide.

Our philosophy is to ensure that one day we will have a suicide safe community where people at risk are supported; people providing support feel confident and able and the stigma and stereotypes associated with suicide and suicide ideation are eradicated.



ASIST Applied Suicide Intervention Skills Training

ASIST is a two day suicide 'first aid' workshop that teaches how to intervene and save a life from suicide. Over a million people around the world have participated in this award winning programme.



Most people thinking about suicide don't actually want to die, but they need help deciding to stay alive. Often these people considering suicide share their distress and their intent, but very discreetly.



ASIST training will help you see and respond to these invitations for help, give you the confidence to ask about suicide if you are concerned about someone's safety and provide you with the tools to help prevent the immediate risk.

By the end of the course you will be able to:

- Recognise that caregivers and persons at risk are affected by personal and societal attitudes about suicide;
- Discuss suicide in a direct manner with someone at risk;
- Identify risk alerts and develop related safe plans;
- Demonstrate the skills required to intervene with a person at risk of suicide;
- List the types of resources available to a person at risk, including him or herself;
- Recognise that suicide prevention is broader than suicide first aid and includes life promotion and self care for caregivers.

Participants don't need any prior training to attend ASIST—just a willingness to make a difference.

We offer high quality, cost effective and tailored in-house training alongside access to a range of public access courses. If you are interested in workforce development, our trainers have vast experience of delivering workshops across Wales to:

- Local authorities;
- Health Boards;
- Frontline emergency services;
- Schools;
- Voluntary organisations;
- Community members.