



**AmeriCorps**  
Idaho



**Idaho State**  
University

Kasiska Division  
of Health Sciences

***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 professional 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

***March 16 & 17***

***THURS 8am-4pm, FRI 8am-4pm***

Sturgeon & Steelhead Room

Lewiston Community Center

1424 Main Street

Lewiston, ID 83501

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

<https://forms.gle/1ArdvVQBxnoNPgAu8>

INCLUDES: LivingWorks Certification, Idaho POST and CEU credits, Fire/EMS credits pending after completing 16 hours of training. Continental breakfast and lunch provided.

## **Free ASIST Workshop**

### **Presented by an Idaho Collaborative Including:**

Idaho State University,  
Institute of Rural Health,  
Courageous Survival,  
American Legion,  
Grangeville Elks lodge  
#1825, Idaho County  
Veterans Center, Lewiston  
Fire Department, Quad  
County Fire Chiefs  
Association, Center for  
Hope



For questions, contact Idaho State University at [ir@isu.edu](mailto:ir@isu.edu) or 208.282.4436