

Workshops

ASIST

Applied Suicide Intervention Skills Training

Attending this two-day course will train you to intervene with an individual who is thinking about suicide.

ASIST Tune-up

Recertification

This 3.5 hour workshop is only for people with a valid ASIST certificate. This will allow you to renew your ASIST certification for a further two years.

Adults who Interact with Youth

MHFA Adults who Interact with Youth is intended for an adult audience whose primary focus is youth (aged 14-25). In addition to the four most common disorders discussed in MHFA BASIC, this course includes instruction about eating disorders and deliberate self-injury.

safeTALK

Suicide Alertness for Everyone

This 3.5 hour workshop alerts one to warning signs indicating risk of suicide. The workshop emphasizes the importance of recognizing the signs, communicating with the person at risk and getting help or resources for the person at risk.

NEW

Straight Talk

Preventing Suicide in Youth

Straight Talk is an interactive half-day workshop created for individuals working with youth aged 12 to 24.

NEW

Tattered Teddies

Preventing Suicide in Children

Suicidal behaviour in children age 12 or younger is a subject of growing concern for those who work with children. Suicidal thoughts and attempts in children have sometimes been overlooked, denied or ignored. Tattered Teddies is an interactive half-day workshop which examines warning signs in a child and explores intervention strategies through stories and case studies.

NEW