

Applied Suicide Intervention Skills Training



**A workshop for anyone desiring to learn
suicide “first-aid” by learning how to:**

- Recognize opportunities for help
- Reach out and offer support
- Develop a safety plan that neutralizes risks
- Apply the “Pathway for Assisting Life” (PAL)
- Link people with community resources

Who: Open to anyone over 18—military & DOD Civilians

Where: 20-21 April 2016 @ Calvary Chapel (8465 Simonds St & 6th Cavalry)

Time: 0820 – 1600

Uniform: Civilian attire (comfortable, casual, classroom appropriate), no uniforms

Costs: There will be no charge to attend the workshop, requires two-day commitment

ASIST Register Contact: [Torrie Osterholm, LCSW-C](#)

**[Suicide Prevention Program Manager @ Fort Meade 301-677-6541](#) or email:
torrie.Osterholm.civ@mail.mil**

NEXT TRAINING DATES:

May 18 & 19, 2016

June 15 & 16, 2016

