

Prevent Suicide Today: Suicide Prevention Workshop (ASIST) & SuicideTALK FAQs

What is Prevent Suicide Today?

Prevent Suicide Today is a suicide prevention program in Chatham County. Prevent Suicide Today works with community partners to provide Applied Suicide Intervention Skills Training (ASIST) and SuicideTALK. Chatham County Safety Net Planning Council and Gateway Community Service Board, with support from the Chatham County Commissioners, partnered in 2017 to bring this internationally recognized program to Chatham County. Prevent Suicide Today's mission is to raise awareness that suicide is preventable and to empower community members with the skills to prevent suicide.

Why is suicide prevention and awareness important in Chatham County?

Each year more than 1,300 Georgians die by suicide--more than double the number that die by homicide. In Chatham County alone, 200 individuals lost their lives to suicide between 2012 and 2016, and an estimated 1,175 individuals attempted suicide in 2016. However, suicide is preventable. Many who consider suicide choose to stay alive. By raising awareness and training community members with the skills to prevent suicide, we can save lives and reduce suicides in our community.

Who are Prevent Suicide Today's community partners?

The following organizations have partnered with Prevent Suicide Today to prevent suicide in Chatham County: Chatham County Commissioners, Chatham County Health Department, Chatham County Juvenile Court, Chatham County Safety Net Planning Council, Chatham County Sheriff's Office, Chatham County Police Department, Forever4Change, Inc., Gateway Community Service Board, Georgia Southern Armstrong Campus, Hospice Savannah Demere Center for Living, Memorial University Medical Center, Savannah State University, Savannah-Chatham Public School System, St. Mary's Community Center, and Union Mission.

What is ASIST?

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. It is listed on the [National Registry of Evidence-based Programs and Practices](#) and is proven to be effective in preventing suicide.

What will I learn at an ASIST workshop?

You will explore the way your own beliefs and experiences affect your ability to help someone else. You will learn to recognize suicidal thoughts and behaviors and to respond with a life-saving intervention. You will learn how to create a safety plan with the person at risk to keep them safe for now, and how to connect them with other resources to keep them safe in the future. Role play activities will allow you to practice the steps of this intervention.

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Who should attend ASIST workshops?

Anyone 16 or older who interacts with suicidal individuals can benefit from this workshop. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend. The suicide first aid skills can be applied in almost any personal or professional setting. Community members from all walks of life can serve their communities by learning the skills to save a life.

Who teaches ASIST workshops?

The Chatham County ASIST team consists of 21 LivingWorks registered trainers committed to reducing suicide in our community. Each workshop is led by at least two trainers. The trainers come from various partner organizations and represent many sectors of the diverse Chatham County community.

How much does an ASIST workshop cost?

The two-day course costs \$125. Our true cost to provide this workshop locally is over \$250, but we are able to offer workshops at a reduced price thanks to the support of the Chatham County Commission and other community partners.

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Are continuing education units (CEU) available?

Participants who have completed an **ASIST** workshop are eligible to complete an online exam to obtain CEU credits. Fees for ASIST are \$60 for 12 credit hours. This credit is available for social workers, nurses, psychologists, licensed counselors, substance abuse counselors, and licensed marriage & family therapists. Visit [Living Works](#) for more information. If you have other questions, please contact [Monica Kintigh](#).

Are there scholarships available?

Yes. Need-based scholarships are available for community members living or working in Chatham County. For more information about scholarships, call (912) 661-1456 or email ASIST@chlink.org.

When and where are ASIST workshops offered?

Workshops are held twice monthly at locations throughout Chatham County. Visit our [registration page](#) to see the full schedule of 2018 workshops and their locations.

Are any workshops held on weekends?

Yes. We offer weekend workshops several times a year. See our [registration page](#) to find a weekend workshop.

What is SuicideTALK?

SuicideTALK is a 20-90 minute awareness-raising discussion of suicide, led by an ASIST trainer and offered free to any Chatham County organization. Participants in a SuicideTALK discussion will learn that suicide is preventable and will explore the ways that community attitudes and stigma affect suicide safety. They will also discuss some practical tips for how to create suicide safer communities.

When and where is SuicideTALK offered?

SuicideTALK takes place at your organization and at your convenience. Schedule a SuicideTALK by calling (912) 661-1456 or emailing ASIST@chlink.org, and one of our ASIST trainers will come to your school, church, office, or other meeting place to lead the discussion.

Can my organization partner with Prevent Suicide Today?

Yes! We welcome additional community partners committed to prevention suicide in our community and would be happy to discuss partnership opportunities. Please reach out to us at (912) 661-0577 or ASIST@chlink.org.

What other resources are available to support suicide prevention?

- The Substance Abuse and Mental Health Services Administration offers online resources such as screening tools, toolkits, guidelines for organizations, and informational brochures at their [Suicide Prevention Resource Center](#).
- The [American Foundation for Suicide Prevention](#) and the [Georgia Chapter of the American Foundation for Suicide Prevention](#) are good sources for suicide prevention news and events. Follow the Georgia chapter on [Facebook](#) or [Twitter](#).
- For Chatham County suicide prevention resources and events, follow Prevent Suicide Today on [Facebook](#).

I am having thoughts of suicide. Where can I go for help?

- Phone: If you or someone you know is having thoughts of suicide, call the Georgia Crisis & Access Line at 1-800-715-4225. They offer free, confidential, 24/7 support.
- Chat: An online chat service is available at <https://suicidepreventionlifeline.org/>.
- Text: Access free, 24/7 text support by texting "GA" to the Crisis Text Line at 741741.
- Spanish: Si está con pensamientos suicidas, llame al 1-888-628-9454 para recibir asistencia gratuita y confidencial.

What resources are available if I or someone I know has been impacted by a suicide loss?

- Hospice Savannah's Full Circle Grief and Loss Center offers a Survivors of Suicide Support Group for those whose loved ones have died by suicide. They meet the 3rd Monday of each month from 6:00 p.m. to 7:30 p.m. For more information, contact (912) 303-9442 or bmoss@hospicesavannahhelps.org.
- The Compassionate Friends is a support group for families who have lost a child of any age. The Savannah group meets the 2nd Thursday of each month at 6:30 p.m. For more information go to <http://www.tcf.savannah.com>, call (912) 507-0914, or email TCFSavannah@gmail.com.