

Centre for Suicide Prevention

River of Life: Aboriginal Youth Suicide Prevention Online Course *Length: Self-paced*



A Status - Indian youth is five to six times more likely to die from suicide than a non-Native youth.

River of Life is designed to provide information and interventions for caregivers working with Aboriginal youth at risk of suicide aged fifteen to twenty-four. The workshop and online course aims to increase the prevention capability of adults working with youth.

Straight Talk: Youth Suicide Prevention Workshop

Suicide is the second leading cause of death among youth in Canada.

The Straight Talk Workshop provides information and fosters the development of intervention skills for those in direct contact with youth. It develops the ability to recognize youth at risk as well as support youth in making healthy choices.

The Straight Talk Workshop meets the accreditation standards set by the Canadian Accreditation Council of Human Services (CACOHS).

Length: 8 hours

Tattered Teddies: A Workshop about Suicide In Children

Suicidal behavior in children age 12 or younger is a subject of growing concern for those who work with children.

This workshop provides information and offers practical approaches for those working with children who are age 12 or younger and who may be at risk of suicide. Intervention approaches build on the skills taught in the Applied Suicide Intervention Skills Training (ASIST) as it applies to children.

Length: 4 hours



Applied Suicide Intervention Skills Training

More than 4,000 Canadians kill themselves each year. The key to suicide prevention is trained individuals who are ready, willing, and able to get involved with each person at risk. Join over 500,000 people worldwide and participate in an ASIST Workshop.

** The ASIST certificate is valid for 3 years. Before the ASIST certificate has expired a Tune-Up is required to recertify the ASIST certificate for another 2 years.

Length: 2 day workshop, 14 hours of instruction

ASIST Tune Up: Recertification

ASIST Tune-Up meets the accreditation guidelines set by the Canadian Accreditation Council of Human Services (CACOHS).

This workshop is only for participants who have taken the 2 day ASIST: Applied Suicide Intervention Skills Training within the past 3 years. Attending the ASIST: Tune-Up will renew your ASIST certification for another 2 years.

Length: 3.5 hours

safeTALK: suicide alertness for everyone

safeTALK is the result of over 20 years of work at learning how to develop useful suicide prevention abilities in a short program. safeTALK is listed on the Best Practice Registry of the United States Suicide Prevention Resource Centre (SPRC) and is part of Choose Life, Scotland's national strategy and action plan to prevent suicide.

Length: 3.5 hours



Centre for Suicide Prevention

***We teach prevention,
because prevention is the only solution...***



The workshops outlined in this brochure are designed to give you a better understanding of suicide and to develop your skills in suicide intervention. This year we are delighted to offer new workshops, developed by the Centre for Suicide Prevention, for youth, children, and aboriginal youth suicide prevention. ASIST: Applied Suicide Intervention Skills Training continues to be our most popular program, with many employers using it as a prerequisite to hiring. We are pleased to offer workshops on a variety of suicide related topics. We hope you will join us!

What is the Centre for Suicide Prevention?

The Centre for Suicide Prevention is a non-profit organization that provides information services, research and training programs on suicide. Since 1983, the Centre has offered award winning training workshops to Canadians. Using its network of certified facilitators, the Centre for Suicide Prevention has trained over 100,000 people on a variety of mental health and suicide related topics.

Our Trainers

The Centre for Suicide Prevention has over 125 certified trainers in Alberta. Our trainers attend rigorous training and bring their expertise and sensitivity to all workshops they facilitate. As a result we have earned the reputation of having the best trainers within the field.



Our Workshops

Each year the Centre presents over 250 workshops in Alberta. Workshops range in length from two hours to five days and subjects include suicide intervention, bereavement, self-harm and youth suicide. The Centre for Suicide Prevention has several standardized workshops but will also design workshops to meet your group's specific needs. Please contact the Centre for Suicide Prevention: Training Programs with your workshop requests.

Our Workshop Participants

People from all walks of life including professionals and lay caregivers, emergency workers, teachers, students, mental health professionals, parents, volunteers, clergy and health care workers access our training programs.

Interested in On-Site Training?

In addition to these public workshops, the Centre can bring training right to your door. Workshops can take place at your agency and can be customized to suit your needs. Please call us at (403) 245-3900 for more information.