



## Aulaqatigiikta, Illumun Ikayuqatigiikluta Moving Forward, Healing Together

### ASIST: Applied Suicide Intervention Skills Training:

Learn how to recognize when someone may be thinking about suicide, and how to provide a skilled intervention and develop a safety plan with the person to connect them to further support. This workshop will increase your willingness, confidence, and capacity to provide suicide first aid.

### MHFA-Inuit: Mental Health First Aid-Inuit Training:

A course designed by Inuit, for Inuit and for those who work with Inuit. This three-day course encourages conversations about mental wellness with family, friends, and colleagues. Addressing stigma associated with mental health and wellness can be challenging. MHFA-Inuit provides a foundation where participants will learn from their own people and community in a culturally safe environment.

#### **Additional Details:**

- Honorarium is paid only upon completion of training (unless your employer is supporting your attendance in-kind).
- Priority will be given to Inuvialuit Beneficiaries.
- By signing below, you are agreeing to participating in 5, full days of training.

Applicant Surname:	Applicant Given Name:
Date of Birth: DD/MM/YY	Inuvialuit File Number:
Mailing Address:	Phone number:
Ideas for Self-Care activities:	

Applicant Signature:

Date:

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