



## Aulaqatigiikta, Ilmun 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. 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 that participants are able to learn from their own people in a culturally safe environment.

**Training includes the following:**

- ASIST and MHFA-Inuit Training
- Honorarium will be paid to participants who are not IRC employees or being paid by another employer to attend the training.
- Participant must attend all five days of training for full payment.
- Priority will be given to Inuvialuit Beneficiaries

Applicant Surname:	Applicant Given Name:
Date of Birth: D/M/Y  /      /	Inuvialuit File Number:
Phone number:	Email address:
Sweater size:  Allergies:	Mailing address:
Ideas for Self-Care	

Applicant Signature: \_\_\_\_\_

Date: \_\_\_\_\_