



International Association for Counselling
Founded 1966



LIVINGWORKS

International Association for Counselling and LivingWorks: Our Joint Vision for a World Safer from Suicide

LivingWorks and the International Association for Counselling (IAC) are pleased to announce their partnership in promoting suicide prevention on an international scale.

The International Association for Counselling, an international non-governmental organization with United Nations consultative status, is the world body for the counselling profession. IAC's humanitarian movement advances the development of counselling to improve people's lives and well-being.

LivingWorks is the leading provider of suicide prevention training programs, including Applied Suicide Intervention Skills Training (ASIST), safeTALK and Start. These evidence-based programs empower individuals and communities to identify and respond to individuals who may be experiencing thoughts of suicide. LivingWorks has trained over 2 million people in more than 35 countries and is supported by over 50 peer-reviewed research evaluations and studies.

Through this partnership, LivingWorks and IAC aim to bring together their expertise and resources to create a shared vision of a world safer from suicide.

Why partner on this issue?

Suicide is a significant public health issue and a global health priority. The World Health Organization reports that more than 700,000 people die by suicide globally each year, with 77% of suicides occurring in low- and middle-income countries. For every suicide, there are many more people who attempt suicide.

Suicide is preventable. There are many strategies that have been proven to help reduce suicide at the population level, including safe media reporting, restriction to means, and providing quality training across the entire community to identify, provide support, and intervene when a person may be having thoughts of suicide.

Counsellors are in the position to help identify and respond to suicide. Counsellors create safe and supportive spaces where individuals can explore their thoughts, feelings, and experiences free from judgment. This is especially important for topics like suicide, which are often still subject to stigma.

Suicide prevention training is beneficial to counsellors. As well as providing practical skills for identifying suicide, connecting to life, and safety planning, LivingWorks training can help build counsellors' empathy and understanding, encourage reflection on attitudes to reduce stigma, and promote effective strategies for self-care.

Together we can have a global impact. By combining LivingWorks' evidence-based suicide prevention training programs with IAC's global network of counselling professionals, this partnership has the potential to strengthen suicide prevention efforts around the world.

Research on LivingWorks training with counsellors has found that:

- **It makes a difference:** Helpline callers were significantly more likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful by the end of calls handled by LivingWorks ASIST-trained counsellors.
- **It's applicable:** Counsellors who completed LivingWorks ASIST were significantly more likely to report they had identified and used specific intervention strategies and counseling skills with suicidal clients during sessions.
- **It's useful:** Counsellors who completed LivingWorks ASIST reported having frequently applied their skills with clients considering suicide.
- **It has a lasting impact:** After 3 months, counsellors who completed LivingWorks ASIST had retained improvements in measured response skills and self-reported attitudes.

For more research, go to www.livingworks.net/evidence

“Counsellors assist in the prevention of suicide worldwide. Our partnership with LivingWorks creates opportunities for counsellors to become more skilled, and better resourced, in this crucial area.”

— Naoise Kelly, CEO of the International Association for Counselling (IAC)

“LivingWorks is excited to partner with the IAC to create a greater global impact in preventing suicide. Counsellors play an important role in suicide prevention. Our collaboration will enable us to further equip counsellors around the world with the skills and confidence to help save a life”.

— Shayne Connell, EVP Global Development & CEO LivingWorks Australia

“I fell in love with LivingWorks ASIST 20 years ago as a freshly graduated psychologist. So much of clinical training overlooks the experiential nature of clinical work – that who we are as humans, our experiences, beliefs, and emotions – plays a significant role in how we help others. ASIST addresses this and creates a pathway to maximize the benefit and mitigate the downside of our experience. I don't know of any training or approach like it.”

— Dr. Bart Andrews, PhD, Clinical Psychologist