

# ASIST Feedback from Fort Bliss

## Participants:

"It really helps you learn how to help people in need."



"Everyone needs to know what to do and what not to do in order to save a life. I thought I knew what to do, but now I really know."

"I would recommend ASIST because a lot of people don't know how to handle a situation where someone wants to kill themselves and shows different views and resources."

"I would recommend ASIST because the course prepares attendees on how to deal with the idea of suicide, despite any personal views we may have toward the act itself."

"The model is a good way to get over the bumps in the conversations while involved in an intervention."



"Good info. It puts a lot into perspective for some of us older Soldiers."

"It really opens your eyes to people who are having these problems."

"POWERFUL!"

"It opens the eyes of the common person on safely helping someone attempting suicide."

"It explains everything to do when you need it."

"It prepares you for real situations."



"I really had no idea how ignorant I had been all these years."