



# FREE Training

**Mental Health Awareness**

**Self Harm Awareness**

**Suicide Bereavement**

**Suicide Prevention & Intervention**

Nottingham & Nottinghamshire  
2023 / 2024



# Nottinghamshire County Council, Nottingham City Council and NHS Nottingham & Nottinghamshire ICB have commissioned Harmless to deliver a range of Mental Health Awareness, Self Harm Awareness, Suicide Prevention and Suicide Bereavement courses.

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## FREE TRAINING

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This training is FREE to people working or volunteering in Nottingham and Nottinghamshire\* in the following sectors:

- Community and voluntary sector organisations / community champions who work with those at risk of suicide and self harm
- Organisations working with those who are financially vulnerable (e.g. advice services, debt agencies, food banks, libraries)
- Adult Social Care
- Primary Care
- First Responders (e.g. police, fire service, paramedics)
- Housing / Homelessness sector
- Social Prescribers / Community Workers
- Public Health Commissioned Services

You can book your place from the links on the following pages or speak to a member of the Harmless Academy team for more information or advice: [training@harmless.org.uk](mailto:training@harmless.org.uk)

NB: Training is delivered ONLINE via Zoom or MS Teams. Once registered, you will receive an email with login details for the session.

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## ABOUT HARMLESS

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The Academy at Harmless (formerly known as Let's Talk Training) is the training arm of Harmless – the national centre of excellence for self harm and suicide prevention.

Our expert team delivers a range of courses around issues of self harm and suicide prevention, suicide bereavement and mental health. The courses we provide always place people with lived experience at their heart, combined with the most up-to-date, evidence-based knowledge.

With a strong emphasis on producing engaging and interactive content, our training brings expertise and dedication to both the teaching process and subject matter. We are committed to ensuring you get the most out of your learning experience with us so that you can practically apply the skills you learn.

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\* This training is available to anyone working or volunteering in the sectors listed above in Nottingham city and Nottinghamshire (including Bassetlaw) except for the Mental Health Awareness Training which is only available to those in Nottinghamshire (including Bassetlaw) but NOT Nottingham city.

# Mental Health Awareness Training

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## LEARNING OUTCOMES

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- Develop an understanding of mental health, mental ill health and mental wellbeing (including the MH continuum)
- Identify protective and risk factors that can influence mental health
- Spot the signs and symptoms of poor mental health (including stress and burnout)
- Understand ACEs (Adverse Childhood Experiences) for young people and adults as well as other trauma and its impacts on mental health
- Enhance effective responses to a range of different situations, including acute distress
- Understand potential links with suicide and self harm
- Enhance confidence, working practice, knowledge and skills
- Understand the direct and wider impacts of mental health conditions
- Develop skills to respond to and support someone with mental ill health including an understanding of local services and how to support / facilitate access for individuals
- Understand the relationship between self harm, mental health and suicide

NB: This training is only available to those in Nottinghamshire including Bassetlaw (NOT Nottingham city).

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## TRAINING DATES 2023 / 2024

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CLICK ON A DATE TO BOOK

- [Wed 27th September 9.30am – 1.30pm](#)
- [Fri 29th September 12.30pm – 16.30pm](#)
- [Mon 2nd October 9.30am – 1.30pm](#)
- [Tue 10th October 12.30pm – 4.30pm](#)
- [Thu 26th October 12.30pm – 4.30pm](#)
- [Tue 31st October 9.30am – 1.30pm](#)
- [Thu 2nd November 9.30am – 1.30pm](#)
- [Thu 16th November 12.30pm – 4.30pm](#)
- [Tue 21st November 12.30pm – 4.30pm](#)
- [Mon 27th November 9.30am – 1.30pm](#)
- [Tue 12th December 9.30am – 1.30pm](#)
- [Mon 8th January 9.30am – 1.30pm](#)
- [Tue 16th January 12.30pm – 4.30pm](#)
- [Wed 24th January 9.30am – 1.30pm](#)
- [Tue 30th January 12.30pm – 4.30pm](#)
- [Thu 8th February 9.30am – 1.30pm](#)
- [Mon 12th February 12.30pm – 4.30pm](#)
- [Fri 23rd February 9.30am – 1.30pm](#)
- [Tue 27th February 12.30pm – 4.30pm](#)
- [Wed 6th March 9.30am – 1.30pm](#)
- [Fri 15th March 12.30pm – 4.30pm](#)
- [Thu 21st March 12.30pm – 4.30pm](#)
- [Mon 25th March 9.30am – 1.30pm](#)

# Self Harm Awareness Training

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## LEARNING OUTCOMES

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- Improve awareness of self harm, types of self harm and the key issues associated with self harm
- Understand the contextual issues surrounding self harm
- Understand warning signs and symptoms of emotional distress and self harm and develop skills to respond to and support an individual including different approaches that might be needed for children and young people and adults
- Develop knowledge of evidence-based brief interventions and safety planning to support someone who self harms
- Understand ACEs (Adverse Childhood Experiences) for young people and adults as well as other trauma and its impact on mental wellbeing and the risk of self harm and suicide
- Develop knowledge of evidence-based brief interventions and safety planning to support someone who self harms
- Understand the direct and wider impact of self harm
- Understand the links with suicide and mental health
- Enhance confidence, working practice, knowledge and skills
- Understand the relationship between self harm, mental health and suicide

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## TRAINING DATES 2023 / 2024

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CLICK ON A DATE TO BOOK

- [Thu 7th September 12.30pm – 4.30pm](#)
- [Wed 27th September 9.30am – 1.30pm](#)
- [Tue 17th October 12.30pm – 4.30pm](#)
- [Mon 23rd October 9.30am – 1.30pm](#)
- [Wed 15th November 9.30am – 1.30pm](#)
- [Mon 27th November 12.30pm – 4.30pm](#)
- [Wed 13th December 9.30am – 1.30pm](#)
- [Thu 11th January 12.30pm – 4.30pm](#)
- [Fri 19th January 9.30am – 1.30pm](#)
- [Tue 23rd January 12.30pm – 4.30pm](#)
- [Tue 6th February 9.30am – 1.30pm](#)
- [Fri 16th February 12.30pm – 4.30pm](#)
- [Mon 19th February 9.30am – 1.30pm](#)
- [Wed 13th March 9.30am – 1.30pm](#)
- [Tue 26th March 12.30pm – 4.30pm](#)

# Suicide Bereavement Training

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## LEARNING OUTCOMES

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- The magnitude of suicide bereavement
- Suicide loss as a unique form of complex bereavement
- 'Complicated grief', trauma and other individual responses to suicide
- The wider impact of bereavement on those exposed to or affected by suicide
- The stigma and shame associated with suicide and bereavement
- Bereavement by suicide as a unique risk factor for suicide
- Responding to those bereaved by suicide and how we can help to support them
- Key UK strategic guidance and research on best practice in shaping services to incorporate suicide bereavement support
- Postvention: what it means and why it matters
- A local service perspective: The Tomorrow Project's work supporting those affected

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## TRAINING DATES 2023 / 2024

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CLICK ON A DATE TO BOOK

- [Tue 17th October 9.30am – 1.30pm](#)
- [Thu 9th November 9.30am – 1.30pm](#)
- [Wed 28th February 9.30am – 1.30pm](#)
- [Mon 18th March 12.30pm – 4.30pm](#)

# Suicide Prevention & Intervention Training

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## LEARNING OUTCOMES

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- Improve knowledge and understanding of suicide (including myths and facts)
- Understand the magnitude of suicide
- Identify risk groups, risk factors and warning signs (including COVID)
- Recognise the wider impacts of suicide
- Identify effective risk assessing skills
- Build skill and confidence in responding to and supporting someone in suicidal crisis, both short and long term
- Understand how to implement effective practical support for someone in suicide crisis
- Recognise protective factors and their importance of recovery and support
- Discuss how and where to signpost individuals to appropriate help
- Understand the relationship between self harm, mental health and suicide

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## TRAINING DATES 2023 / 2024

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CLICK ON A DATE TO BOOK

- [Tue 12th September 12.30pm – 4.30pm](#)
- [Wed 20th September 9.30am – 1.30pm](#)
- [Thu 12th October 9.30am – 1.30pm](#)
- [Mon 23rd October 12.30pm – 4.30pm](#)
- [Tue 9th November 12.30pm – 4.30pm](#)
- [Fri 17th November 9.30am – 1.30pm](#)
- [Tue 5th December 9.30am – 1.30pm](#)
- [Wed 10th January 9.30am – 1.30pm](#)
- [Thu 18th January 12.30pm – 4.30pm](#)
- [Tue 23rd January 9.30am – 1.30pm](#)
- [Mon 5th February 12.30pm – 4.30pm](#)
- [Fri 9th February 9.30am – 1.30pm](#)
- [Thu 22nd February 9.30am – 1.30pm](#)
- [Wed 20th March 12.30pm – 4.30pm](#)
- [Tue 26th March 9.30am – 1.30pm](#)



The Academy at Harmless is operated by Harmless – the national centre of excellence for self harm and suicide prevention.

Based in Nottingham, Harmless is a Community Interest Company (CIC) with a dedication to sustainability. While Harmless does seek grant and charitable funding, our training service is vital for the work we provide. Income generated through the Academy is used directly to sustain and expand the free support services we offer.

Harmless CIC  
The Sanctuary  
1 Beech Avenue  
Nottingham NG7 7LJ

[www.harmless.org.uk](http://www.harmless.org.uk)

