



# FREE Training

Self Harm Awareness

Suicide Bereavement

Leicester, Leicestershire & Rutland  
2025

# Leicester City Council, Leicestershire County Council and Leicestershire Police have commissioned Harmless to deliver a series of courses on Self Harm Awareness and Suicide Bereavement.

## FREE TRAINING

This fully-funded CPD ONLINE course is for frontline workers who come into contact with individuals who self harm or are at risk of self harm in Leicester City, Leicestershire County and Rutland.

You must meet the following eligibility criteria for this funded course:

- Work in Leicestershire, Rutland or Leicester City, UK
- Be a frontline worker
- Support those who self harm
- Supporting those at risk of self harm

Please note: The schools-only courses are only available if you are based in a school. If you are unable to make the schools-only sessions, please feel free to join one of the other general sessions.

You can book your place from the links on the following pages. To speak to a member of the Harmless Academy team for more information or advice email [training@harmless.org.uk](mailto:training@harmless.org.uk) or call 0115 880 0281

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

## ABOUT HARMLESS



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.

# Self Harm Awareness Training

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## LEARNING OUTCOMES

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This course is designed to enable participants to effectively explore and understand the following:

- Improve knowledge and awareness of self harm
- Understand the stigma and discrimination associated with self harm
- Develop skills to respond to and support someone who is self harming
- Develop knowledge of evidence-based brief interventions to support someone who self harms
- Improve confidence and competence to understand and manage self harm
- Understand the importance of recovery
- Consider signposting to appropriate services

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## TRAINING DATES 2025

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CLICK ON A DATE TO BOOK

- [Tue 21 January 12.30pm – 4.30pm](#)  
([Schools Session – SOLD OUT](#)).
- [Tue 11 March 12.30pm – 4.30pm](#)  
([General Session](#))

# 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 2025

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CLICK ON A DATE TO BOOK

- [Thu 16 January 9.30am – 1.30pm](#)  
([General Session](#)).
- [Tue 18 February 12.30pm – 4.30pm](#)  
([General Session](#)).
- [Thu 10 April 9.30am – 1.30pm](#)  
([General Session](#)).
- [Thu 12 June 12.30pm – 4.30pm](#)  
([General Session](#)).
- [Tue 22 July 9.30am – 1.30pm](#)  
([General Session](#)).
- [Fri 12 September 9.30am – 1.30pm](#)  
([General Session](#)).



[training@harmless.org.uk](mailto:training@harmless.org.uk)



0115 880 0281



[Booking: harmless.eventbrite.co.uk](https://harmless.eventbrite.co.uk)

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

