



the centre of excellence for  
self harm & suicide prevention

CLICK HERE  
TO BOOK



FROM HARM TO HOPE:

# The 11th National Self Harm & Suicide Prevention Conference 2026

THE UNCOMFORTABLE TRUTH:  
CONFRONTING BARRIERS TO CONNECTION IN SELF HARM AND SUICIDE PREVENTION

**FRIDAY 27th FEBRUARY 2026 9am – 5pm**

TRENT CONFERENCE CENTRE, TRENT VINEYARD, NOTTINGHAM NG7 2PX  
IN PERSON & ONLINE • [WWW.HARMLESS.ORG.UK](http://WWW.HARMLESS.ORG.UK)



**SELF HARM  
AWARENESS  
DAY 2026**



FROM HARM TO HOPE:

# The 11th National Self Harm & Suicide Prevention Conference 2026

CLICK HERE  
TO BOOK

AN INSPIRATIONAL DAY OF LEARNING AND COLLABORATION



Join Harmless – the national centre of excellence for self harm and suicide prevention – for its flagship 2026 conference. This CPD-accredited event brings together experts, leading academics and professionals from across the sector for a powerful day of evidence-based insights, practical solutions and shared experiences. Our conference theme for 2026 is *The Uncomfortable Truth: Confronting Barriers to Connection in Self Harm and Suicide Prevention*.

Held at Nottingham's Trent Conference Centre, the day features plenary talks, interactive workshops, and networking. A hot lunch and refreshments are included, and the venue offers excellent transport links and parking. You can also join us online via our live stream.

Unlike similar conferences, **all ticket proceeds go directly towards funding Harmless' life-saving work**. Don't miss this unique opportunity to connect, learn and help drive meaningful change in self harm and suicide prevention.

DELEGATE BENEFITS	IN-PERSON	ONLINE
Expert-Led Plenary Sessions & Workshops	✓	✓
Choice of Workshops	✓	
Post-Conference Access to All Session Recordings	✓	✓
Refreshments & Hot Lunch	✓	
Dedicated Networking Time	✓	
Interactive Experience	✓	✓

**“Brilliantly  
informative  
and thought-  
provoking”**

– Previous Delegate

## DATE & VENUE

The conference takes place on **FRIDAY 27th FEBRUARY 2026** from **9am – 5pm (BST)** at **Trent Conference Centre, Trent Vineyard, Unit 1, Easter Park, Nottingham NG7 2PX**. You can also join the event via our **LIVE STREAM**.

## FURTHER INFORMATION

For further information, please visit [www.harmless.org.uk](http://www.harmless.org.uk)

If you have any specific queries, please contact [training@harmless.org.uk](mailto:training@harmless.org.uk)

## UPDATES

The best way of keeping up-to-date with the latest news regarding our guest speakers is to join our [mailing list](#) or to follow us on X: [@HarmlessUK](#)

## BOOKING

All tickets are available from [our Eventbrite page](#).

### Tickets

In-Person: £130

Live Stream: £80

All revenues raised through ticket sales go directly towards supporting Harmless' life-saving services.

**CPD  
CERTIFIED**  
The CPD Certification  
Service