



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

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

If you have any specific queries, please contact 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