



the centre of excellence for
self harm & suicide prevention

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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:

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AN INSPIRATIONAL DAY OF LEARNING AND COLLABORATION

Join Harmless – the national centre of excellence for self harm and suicide prevention – as it leads National Self Harm Awareness Day 2026 with its annual flagship conference. Featuring a range of expert speakers and leading academics, this is your opportunity to join delegates from across the sector for an engaging day of specialist and evidence-based content.

Fully CPD-accredited, the conference will deliver knowledge and practical solutions for implementation in real-life situations, as well as the chance to network and share experiences. Our conference theme for 2026 is *The Uncomfortable Truth: Confronting Barriers to Connection in Self Harm and Suicide Prevention*.

As at previous events, our strategic focus will be on:

- Collaborative Partnership
- Service-User Representation
- Effective Practice
- Driving Change
- Overcoming Stigma and Discrimination

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	✓	✓



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PLENARY PRESENTATIONS

Dr Kristy Themelis (Nottingham Trent University)
*Hidden Crisis: Suicide Risk in People
Living with Chronic Pain*

Mark Cody (Granboroughini)
*Re-Igniting Purpose: How Thinking
Outside of the Box Can Save Lives*

Nina Smith (Edge Hill University)
*Innovative School-Based
Suicide Prevention Strategies*

WORKSHOPS

Darren Fox & Shaun Young (Harmless & The Tomorrow Project)
*Workforce Welfare in Suicide Prevention:
Overcoming Our Uncomfortable Truth*

Rachael-Louise Stonard (University of Derby)
*Beyond Trauma-Informed: Embodied
Approaches to Suicide Prevention*

Leanne Moulton & Katie Freeman (Harmless & The Tomorrow Project)
*Building Resilient Families: Honouring and Elevating
Parents and Carers – The Hidden Workforce*

Pam Burrows (The People Booster)
*Boundaries That Work: Manage Time
and Energy Without Burning Out*

Dr Mirabel Pelton (University of Cambridge)
*What Do We Know About Warning
Signs for Suicide in Autistic People?*

FURTHER PLENARY SPEAKERS & WORKSHOP TO BE CONFIRMED SOON

“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.

This conference is proudly supported by:

