



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](http://WWW.HARMLESS.ORG.UK)



**SELF HARM  
AWARENESS  
DAY 2026**



FROM HARM TO HOPE:

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

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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** (Granborghini)

*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

This conference is proudly supported by:



“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](https://twitter.com/HarmlessUK)

## BOOKING

All tickets are available from [our Eventbrite page](https://www.eventbrite.co.uk/e/11th-national-self-harm-suicide-prevention-conference-2026-tickets-5000000000).

### Tickets

In-Person: £130

Live Stream: £80

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

