



Free Specialist Online Mental Health Training

FOR THOSE WORKING WITH DERBY & DERBYSHIRE RESIDENTS
January – July 2026

SUICIDE BEREAVEMENT

Joined Up Care
Derbyshire



**Joined Up Care Derbyshire
has commissioned Harmless
to deliver free half-day
Suicide Bereavement training
for staff and volunteers.**

Joined Up Care
Derbyshire

Did you know?
1 in 4 people will
experience a mental
health problem of
some kind each year
in England*

WHO IS ELIGIBLE?

**Joined Up Care Derbyshire has
commissioned Harmless to deliver
free online Suicide Bereavement
training for staff and volunteers from a
broad range of statutory, community
and voluntary sector organisations
working within Derby or Derbyshire.**

You can book your place from
the links on the following page or
speak to a member of the Harmless
Academy team for more information
or advice: training@harmless.org.uk

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

Please note that you must work
with people in Derby or Derbyshire
in order to meet eligibility criteria
for these free training sessions.

* Source: www.mind.org.uk

ABOUT HARMLESS

Harmless is the centre of excellence for self harm and suicide prevention.

Every year, we support thousands of individuals who self harm, are experiencing a suicide crisis, or have been bereaved by suicide. Our approach is rooted in promoting health and recovery, reducing isolation and distress, and increasing awareness and intervention skills.

But we're also passionate about sharing what we know. We believe that everyone should feel confident talking about mental health and supporting those in distress. That's why we created our dedicated training department – The Academy at Harmless – to equip individuals to respond with confidence and compassion when it matters most.

The Academy delivers specialist training that builds the skills, confidence and understanding needed to effectively support people in crisis.

All income generated through our training is used to directly sustain and expand the free support services we offer.

Did you know?

1 in 6 people report experiencing a common mental health problem (like anxiety and depression) in any given week in England*

“Excellent training. Open, honest, interactive – and it incorporates real-life experiences to help understanding”

* Source: www.mind.org.uk



ABOUT OUR TRAINING

We're here to help you save lives and create meaningful change. Our training is interactive, inclusive and designed to make a real difference. You'll take part in discussions, case studies, activities, audio / visuals and – if you choose – role play, so your learning style is always supported.

You will learn from Training & Education Officers who are experts in suicide prevention and postvention, blending professional expertise with lived experience to give you practical, real-world insight. Grounded in a belief in recovery, our courses promote empathy and give you practical, evidence-based tools you can use immediately.

Our training is delivered online via Zoom or MS Teams. We will guide you through presentations, discussions, quizzes and videos for an engaging, rewarding experience.

All our courses are CPD-accredited, research-informed and aligned with the National Suicide Prevention Strategy, NICE guidelines, and Health Education England's Competence Frameworks. After the course, participants receive supporting resources and a certificate.

Did you know?

Over the course of someone's lifetime 1 in 5 people have suicidal thoughts and 1 in 14 people self harm*

"Really good training – it has heightened my understanding and I now feel more confident with the tools and information shared. Thank you so much"

SUICIDE BEREAVEMENT

Self harm is a complex, often misunderstood issue that can affect anyone, regardless of age or background. Our Self Harm Awareness training gives you the knowledge and skills to respond with confidence, understanding and compassion.

This course aims to provide better understanding of the complexities surrounding suicide bereavement as well as equipping you with the skills to support the needs of those who have been bereaved by suicide.

LEARNING TOPICS INCLUDE:

- The magnitude of suicide
- Local and national prevalence
- Suicide loss as a unique form of bereavement
- Individual responses to trauma and 'complicated grief'
- Exposure to suicide
- Stigma and taboo
- Suicide bereavement as a unique risk factor
- After the course, participants receive supporting resources and a certificate

COURSE DATES

Please click on a date to book.

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

2026

- [Wednesday 14th January 9.30am–1.30pm](#)
- [Tuesday 27th January 12.30pm–4.30pm](#)
- [Friday 6th February 12.30pm–4.30pm](#)
- [Wednesday 25th February 9.30–1.30pm](#)
- [Thursday 12th March 9.30am–1.30pm](#)
- [Monday 23rd March 12.30pm–4.30pm](#)
- [Thursday 16th April 12.30pm–4.30pm](#)
- [Monday 27th April 9.30am–1.30pm](#)
- [Monday 11th May 12.30pm–4.30pm](#)
- [Tuesday 2nd June 9.30am–1.30pm](#)
- [Tuesday 23rd June 12.30pm–4.30pm](#)
- [Monday 13th July 9.30am–1.30pm](#)

If you have any queries about the course or regarding booking, please contact us at [**training@harmless.org.uk**](mailto:training@harmless.org.uk) or call **0115 880 0280**.

If the training you would like to book is at capacity, please contact us and we will add you to our wait list. We will then contact you with any training dates that become available.





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. All income generated through the Academy is used directly to sustain and expand the free support services we offer.

0115 8800 280
training@harmless.org.uk
www.harmless.org.uk

 [HarmlessAcademy](#)

 [AcademyAtHarmless](#)

 [HarmlessAcademy](#)

 [The-Academy-At-Harmless](#)



The Academy at Harmless is operated by Harmless
info@harmless.org.uk • www.harmless.org.uk • 0115 880 0280
Harmless CIC, 1 Beech Avenue, Nottingham NG7 7LJ

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