

Specialist Mental Health Training

OPEN ACCESS COURSES
FOR EVERYONE 2026

SELF HARM AWARENESS

SUICIDE PREVENTION & INTERVENTION

SUICIDE BEREAVEMENT

BOYS & MEN SELF HARM & SUICIDE PREVENTION

CHILDREN & YOUNG PEOPLE SELF HARM AWARENESS

MENOPAUSE, MENTAL HEALTH & SUICIDE PREVENTION

GYPSY, ROMA & TRAVELLER SELF HARM & SUICIDE PREVENTION



Skills for All: Open Access Learning for Everyone

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

Every year, we support thousands of people with their mental health. We are also passionate about sharing our expertise and believe everyone should feel confident in supporting someone in distress.

Our Open Access programme is available to everyone.

Whether you're a clinical professional or someone with no mental health background, our training is designed to equip you with the skills and compassion to respond effectively when it matters most. Open Access courses cover a range of mental health topics and many are scheduled around key awareness days and dates of significance.

Delivered live online via Zoom or MS Teams, each session is led by an expert Training & Education Officer who will guide you through discussions, quizzes and videos for an engaging and rewarding learning experience.

Simply choose your course, click the link to book and join us to learn, connect and build confidence.

Course materials and a certificate are provided upon completion.



ABOUT US

The Academy at Harmless provides specialist training to help you build the skills, confidence and understanding needed to support people in distress.

Since 2012, we've delivered over 1,800 sessions, equipping more than 34,000 people with expertise in self harm awareness, suicide prevention, suicide bereavement support, and mental health awareness. This knowledge creates a ripple effect, changing and saving countless lives. Our training has been delivered in schools, clinical settings, community halls, local councils, and even a Ministry of Defence base.

Grounded in a belief in recovery, our courses promote empathy and give you practical, evidence-based tools you can use immediately. You'll reflect on your own perspectives while gaining a deeper understanding of the challenges faced by those experiencing self harm, suicidal thoughts or mental health difficulties.

Our CPD-accredited, research-informed training aligns with the National Suicide Prevention Strategy, NICE guidelines, and Health Education England's Competence Frameworks.

OUR COMMITMENT

At Harmless, we're here to help you save lives and create meaningful change. Our training is interactive, inclusive and designed to make a real difference.

Our Open Access courses are delivered live via MS Teams or Zoom. You'll take part in discussions, case studies, activities, audio/visuals and – if you choose – role play, so your learning style is always supported.

Your wellbeing comes first. We know mental health topics can be emotionally demanding, so in-session support is always available, and our clinical team is ready to offer extra guidance whenever it is needed.

You will learn from Training & Education Officers who are experts in self harm, suicide prevention and postvention, blending professional expertise with lived experience to give you practical, real-world insight.

When you choose a Harmless Academy course, you're investing in more than training – you're funding life-saving work. As a Community Interest Company, every penny we earn goes directly into sustaining and growing our free clinical support services, ensuring help is there for those who need it most.

OPEN ACCESS COURSES 2026

Learn from leading specialists who deliver every course to the highest standards. Our training is shaped with input from service users, providers, academics and policymakers, so you benefit from both expert knowledge and real-world experience.

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

“Very impactful and informative. The trainer was fantastic and very engaging throughout. She was also mindful of the emotional impact that the training may have and made sure to check on our wellbeing throughout”

SELF HARM AWARENESS

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.

LEARNING OUTCOMES

- Improve awareness of self harm, types of self harm and the key issues associated with self harm
- Understand the contextual issues surrounding self harm
- Understand warning signs and symptoms of emotional distress and self harm and develop skills to respond to and support an individual including different approaches that might be needed for children and young people and adults
- Develop knowledge of evidence-based brief interventions and safety planning to support someone who self harms
- Understand ACEs (Adverse Childhood Experiences) for young people and adults as well as other trauma and its impact on mental wellbeing and the risk of self harm and suicide
- Develop knowledge of evidence-based brief interventions and safety planning to support someone who self harms
- Understand the direct and wider impact of self harm
- Understand the links with suicide and mental health
- Enhance confidence, working practice, knowledge and skills
- Understand the relationship between self harm, mental health and suicide

CLICK ON A LINK TO BOOK:

Tuesday 3rd March 9.30am–1pm (£55)
(for Self Harm Awareness Day 2026)

Wednesday 6th May 1pm–4.30pm (£55)

SUICIDE PREVENTION & INTERVENTION

This Suicide Prevention course will give you the tools to support those at risk, challenge stigma and foster recovery – building the practical skills and confidence to help people affected by suicidal thoughts, their families and communities.

LEARNING OUTCOMES

- Improve knowledge and understanding of suicide (including myths and facts)
- Understand the magnitude of suicide
- Identify risk groups, risk factors and warning signs (including COVID)
- Recognise the wider impacts of suicide
- Identify effective risk assessing skills
- Build skill and confidence in responding to and supporting someone in suicidal crisis, both short and long term
- Understand how to implement effective practical support for someone in suicide crisis
- Recognise protective factors and their importance of recovery and support
- Discuss how and where to signpost individuals to appropriate help
- Understand the relationship between self harm, mental health and suicide

CLICK ON A LINK TO BOOK:

Thursday 3rd September 9.30am–1pm (£55)
(for World Suicide Prevention Day 2026)

SUICIDE BEREAVEMENT

Suicide bereavement brings a complex grief that calls for sensitivity and compassion. Our training gives you the knowledge, skills and confidence to offer respectful support, break down barriers and use helpful, appropriate language. Designed for workplaces or community settings, this course will equip you to make a positive difference in the lives of those affected.

LEARNING OUTCOMES

- 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

CLICK ON A LINK TO BOOK:

Tuesday 14th April 9.30am–1pm (£55)

Friday 20th November 1pm–4.30pm (£55)
(for International Survivors of Suicide Loss Day 2026)

BOYS & MEN SELF HARM & SUICIDE PREVENTION

Research shows men are three times more likely to die by suicide than women, yet far less likely to seek support. Our training equips you with knowledge of male-specific risk factors and practical skills to challenge stigma around men's mental health. The course also builds confidence to spot risks early and offer timely support.

LEARNING OUTCOMES

- Improve awareness of self harm and suicide in males
- Understand the unique risk factors that impact males
- Reduce stigma and discrimination associated with self harm and suicide for men
- Develop skills to create an inclusive environment and support someone affected by self harm and/or suicide
- Improve confidence and competence to understand and manage self harm and suicide
- Consider signposting to appropriate services locally and nationally

CLICK ON A LINK TO BOOK:

Wednesday 10th June 9.30am–1pm (£55)
(for Men's Mental Health Awareness Week 2026)

Tuesday 17th November 1pm–4.30pm (£55)

CHILDREN & YOUNG PEOPLE SELF HARM AWARENESS

This course gives you the knowledge to understand self harm in the context of children and young people. You will learn to identify risk factors, challenge stigma, recognise the impact on families – especially parents and carers – and apply evidence-based strategies to support young people.

LEARNING OUTCOMES

- Improve awareness of the contextual issues surrounding self harm for young people
- Consider ways to reduce stigma and discrimination
- Understand ACES (Adverse Childhood Experiences) and their relationship to self harm
- Understand warning signs and symptoms of self harm
- Understand how to effectively respond to children and young people who are using self harm
- Establish evidence-based brief interventions and safety plans
- Understand the importance of recovery
- Enhance confidence, working practice, knowledge and skills

CLICK ON A LINK TO BOOK:

Thursday 16th July 9.30am–1pm (£55)

MENOPAUSE, MENTAL HEALTH & SUICIDE PREVENTION

Women aged 45–54 – the typical perimenopause and menopause years – have the highest suicide rates among UK women. This course helps participants understand the impact of menopause on mental health, recognise both biological and psychosocial risk factors, and develop the skills to respond with sensitivity and practical support.

LEARNING OUTCOMES

- Define menopause stages and associated physiological changes.
- Identify menopause's impact on mental health, including common symptoms and how menopause can exacerbate or trigger them, or be a risk factor for suicidal ideation.
- Understand the role of hormones (oestrogen, progesterone, testosterone) in brain function and how their decline affects brain chemistry, mental, and physical health.
- Recognise biological and psychosocial risk factors and their interplay.
- Analyse the impact of stigma and misinformation on mental well-being, treatment, diagnosis, and distress.
- Develop sensitive communication skills for discussing menopause and mental health.
- Acquire knowledge of evidence-based treatments (pharmacological and non-pharmacological), holistic approaches, and support resources.
- Respond confidently by providing accurate information, dispelling myths, and advocating for improved understanding.

CLICK ON A LINK TO BOOK:

Wednesday 11th February 9.30am–1pm (£55)

Friday 16th October 1pm–4.30pm (£55)
(for World Menopause Day 2026)

GYPSY, ROMA & TRAVELLER SELF HARM & SUICIDE PREVENTION

Gypsy, Roma, and Traveller communities experience some of the worst health outcomes in the UK, including life expectancy up to 12 years shorter than the general population. High rates of discrimination, poor access to services and social exclusion contribute to increased mental health challenges and heightened suicide risk. This course is designed in direct response to these health inequalities and aligns with national priorities set out in the Suicide Prevention Strategy for England (2023–2028). It supports professionals and services in delivering equitable, effective and culturally appropriate care.

LEARNING OUTCOMES

- Improve awareness of self harm and suicide in the Gypsy, Roma & Traveller Community
- Understand the unique risk factors that impact this community
- Reduce stigma and discrimination associated with self harm and suicide in the Gypsy, Roma & Traveller Community
- Develop skills to create an inclusive environment and support someone affected by self harm and/or suicide
- Improve confidence and competence to understand and manage self harm and suicide
- Increasing engagement from the community with support services
- Consider the unique challenges in accessing appropriate services locally and nationally

CLICK ON A LINK TO BOOK:

Tuesday 27th January 9.30am–1pm (£55)

Tuesday 2nd June 1pm–4.30pm (£55)
(for Gypsy, Roma & Traveller History Month 2026)

Endorsed by





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) committed to sustainability. While we do seek grant and charitable funding, our training service plays a vital role in supporting our wider work. All income generated through the Academy is reinvested directly into sustaining and expanding the free support services we provide.

If you have any questions about our training, please contact our friendly team.

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



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