

Free Specialist Online Mental Health Training

HERTFORDSHIRE
February – March 2026

SUICIDE BEREAVEMENT



Hertfordshire County Council has commissioned Harmless to deliver fully-funded half-day Suicide Bereavement training for staff and volunteers.



Did you know?

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

WHO IS ELIGIBLE?

Hertfordshire County Council has commissioned Harmless to deliver fully-funded online Suicide Bereavement training for a broad range of staff and volunteers from across the area.

The training is open to staff and volunteers who may encounter people affected by a suspected suicide frontline council / NHS teams (housing, homelessness, social care, primary care reception), emergency services, education pastoral / safeguarding, social prescribers, and VCSE organisations – plus line managers and HR in higher risk sectors.

Priority goes to high contact gatekeepers, critical incident responders (including safeguarding and communications leads), and community leaders serving groups facing health inequalities.

* 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”

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

Suicide bereavement often brings a complex and deeply personal grief that requires sensitivity 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 OUTCOMES INCLUDE:

- Feel more confident and willing to offer initial support to individuals in distress and signpost appropriately.
- Demonstrate improved safety conversations and use of safety-planning techniques for people at risk of suicide.
- Improve awareness of inequalities and adapt support to cultural and neurodiversity needs.
- Improve support for themselves and others in supporting roles through promoting self-care and preventing burnout.
- Foster a compassionate culture through open dialogue to reduce stigma around mental health and suicide and build a more supportive and compassionate organisational culture.
- Have the intention to change practice in their work, such as using more consistent language, moving from trying to 'fix' a situation to providing supportive care, and making specific adaptations within their organisations.
- Have improved understanding and confidence of suicide bereavement and the skills needed to provide effective support to those affected by a suicide.

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

- [Thursday 19th February 9.30am–1.30pm](#)
- [Wednesday 25th February 12.30pm–4.30pm](#)
- [Tuesday 3rd March 9.30am–1.30pm](#)
- [Friday 13th March 12.30pm–4.30pm](#)
- [Monday 16th March 9.30am–1.30pm](#)

If you have any queries about the course or regarding booking, please contact us at 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

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The Academy at Harmless is operated by Harmless
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