THE ACADEMY AT HARMLESS

the centre of excellence for learning & development

Free Specialist Online Mental Health Training

NOTTINGHAM & NOTTINGHAMSHIRE
February – May 2026

SELF HARM AWARENESS

SUICIDE PREVENTION & INTERVENTION

SUICIDE BEREAVEMENT

MENTAL HEALTH AWARENESS

CPD MEMBER
The CPD Certification Service

Plus specialist courses for those working with Children & Young People, Boys & Men, LGBTQIA+ Communities and Gyspy, Roma & Traveller Communities

HARMLESS | Nottingham City Council | NHS Nottingham and Nottinghamshire | Nottinghamshire County Council

Nottinghamshire County Council, Nottingham City Council and NHS Nottingham & Nottinghamshire ICB have commissioned Harmless to deliver a range of free online Mental Health Awareness, Self Harm Awareness, Suicide Prevention and Suicide Bereavement courses.

Nottingham City Council | NHS Nottingham and Nottinghamshire | Nottinghamshire County Council

WHO IS ELIGIBLE?

The training is delivered ONLINE and is FREE to people working or volunteering in Nottingham and Nottinghamshire with people of all ages in the following sectors:

- Community and voluntary sector organisations / community champions who work with those at risk of suicide and self harm
- Children's Social Services / Early Help Family Services
- Organisations working with those who are financially vulnerable (e.g. advice services, debt agencies, food banks, libraries)
- Adult Social Care
- Primary Care
- First Responders (e.g. police, fire service, paramedics
- Housing / Homelessness sector
- Social Prescribers / Community Workers
- Public Health Commissioned Services
- We are now also welcoming individuals from **justice services**, **private sector organisations** and **faith / community groups** to join our evidence-based training – because every touchpoint can be a lifeline.

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

* 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 online training is delivered 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"

* Source: www.mind.org.uk

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
- 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

- Friday 20th March 9.30am–1.30pm
- Thursday 30th April 12.30pm–4.30pm
- Tuesday 19th May 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**.

CPD CERTIFIED
The CPD Certification Service

SUICIDE PREVENTION & INTERVENTION

Our Suicide Prevention training gives 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
- After the course, participants receive supporting resources and a certificate

CPD CERTIFIED
The CPD Certification Service

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

- Tuesday 10th March 12.30pm–4.30pm
- Wednesday 18th March 12.30pm–4.30pm
- Friday 24th April 9.30am–1.30pm
- Tuesday 26th May 12.30pm–4.30pm

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

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.

LEARNING OUTCOMES

- The magnitude of suicide bereavement
- Suicide loss as a unique form of complex bereavement
- 'Complicated grief', trauma and other individual responses to suicide
- The wider impact of bereavement on those exposed to or affected by suicide
- The stigma and shame associated with suicide and bereavement
- Bereavement by suicide as a unique risk factor for suicide
- Responding to those bereaved by suicide and how we can help to support them
- Key UK strategic guidance and research on best practice in shaping services to incorporate suicide bereavement support
- Postvention: what it means and why it matters
- A local service perspective: The Tomorrow Project's work supporting those affected
- After the course, participants receive supporting resources and a certificate

CPD CERTIFIED
The CPD Certification Service

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

- Monday 9th March 12.30pm–4.30pm
- Friday 10th April 12.30pm–4.30pm
- Thursday 21st May 2026 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**.

MENTAL HEALTH AWARENESS

Poor mental health affects individuals, families, friends and workplaces. Whether you're a manager supporting staff or a frontline worker responding to someone in need, our training gives you practical tools and clear insights to act effectively.

LEARNING OUTCOMES

- Develop an understanding of mental health, mental ill health and mental wellbeing (including the MH continuum)
- Identify protective and risk factors that can influence mental health
- Spot the signs and symptoms of poor mental health (including stress and burnout)
- Understand ACEs (Adverse Childhood Experiences) for young people and adults as well as other trauma and its impacts on mental health
- Enhance effective responses to a range of different situations, including acute distress
- Understand potential links with suicide and self harm
- Enhance confidence, working practice, knowledge and skills
- Understand the direct and wider impacts of mental health conditions
- Develop skills to respond to and support someone with mental ill health including an understanding of local services and how to support / facilitate access for individuals
- Understand the relationship between self harm, mental health and suicide
- After the course, participants receive supporting resources and a certificate

CPD CERTIFIED
The CPD Certification Service

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

- Tuesday 24th February 12.30pm–4.30pm
- Monday 2nd March 12.30pm–4.30pm
- Wednesday 11th March 9.30am–1.30pm
- Tuesday 14th April 9.30am–1.30pm
- Wednesday 29th April 12.30pm–4.30pm
- Tuesday 12th May 9.30am–1.30pm
- Wednesday 27th May 12.30pm–4.30pm

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

CHILDREN & YOUNG PEOPLE SELF HARM & SUICIDE PREVENTION

This course was created in response to the Wave 4 engagement project, focussing on groups of concern who may be at higher risk of suicide.

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
- 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

- Thursday 2nd April 9.30am–12.30pm

CPD CERTIFIED The CPD Certification Service

BOYS & MEN SELF HARM & SUICIDE PREVENTION

This course was created in response to the Wave 4 engagement project, focussing on groups of concern who may be at higher risk of suicide.

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
- 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

- Tuesday 17th March 12.30pm–3.30pm
- Thursday 30th April 9.30am–1.30pm

CPD CERTIFIED The CPD Certification Service

LGBTQIA+ SELF HARM & SUICIDE PREVENTION

This course was created in response to the Wave 4 engagement project, focussing on groups of concern who may be at higher risk of suicide.

LEARNING OUTCOMES

- Improve awareness of self harm and suicide in the LGBTQIA+ community
- Understand the unique risk factors that impact this community
- Reduce stigma and discrimination associated with self harm and suicide in the LGBTQIA+ 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 our services
- Consider signposting to appropriate services locally and nationally
- 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 8th April 9.30am–12.30pm

CPD CERTIFIED The CPD Certification Service

GYSPY, ROMA & TRAVELLER SELF HARM & SUICIDE PREVENTION

This course was created in response to the Wave 4 engagement project, focussing on groups of concern who may be at higher risk of suicide.

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
- 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

- Tuesday 24th March 9.30am–12.30pm
- Thursday 7th May 9.30am–12.30pm

CPD CERTIFIED The CPD Certification Service

THE ACADEMY AT HARMLESS
the centre of excellence for learning & development

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