THE ACADEMY AT HARMLESS

the centre of excellence for learning & development

Free Specialist Mental Health Training

DERBYSHIRE
February 2026 – January 2027

CPD MEMBER
The CPD Certification Service

SUICIDE AWARENESS & MANAGING MENTAL HEALTH CONVERSATIONS

MENTAL HEALTH AWARENESS

DERBYSHIRE County Council

Derbyshire County Council has commissioned Harmless to deliver free half-day training for staff and volunteers on Mental Health Awareness and Suicide Awareness & Managing Mental Health Conversations.

DERBYSHIRE County Council

WHO IS ELIGIBLE?

Training is delivered either in-person or online (please check the listings for details) and is free for staff and volunteers who meet the criteria stated below.

In order to qualify for this funded training opportunity, you must meet the following criteria:

a) A core part of your role involves working with Derbyshire County residents AND you work for a statutory or voluntary or community sector organisation (in either a paid role or volunteer role)

OR

b) You are a commercial organisation that has been offered training as part of Derbyshire County Council's mental health and suicide prevention outreach project.

OR

c) You are based in Derbyshire county and work for a commercial organisation also based in Derbyshire county.

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

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

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 training is delivered either in-person or 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"

* Source: www.mind.org.uk

SUICIDE AWARENESS & MANAGING MENTAL HEALTH CONVERSATIONS

For staff and volunteers from statutory, community and voluntary sector organisations working with Derbyshire County residents (excluding Derby City).

This course will build general awareness and understanding of the topic of suicide and equip participants with skills and confidence to have supportive conversations with individuals who exhibit emotional distress.

LEARNING TOPICS INCLUDE

- Emotional distress
- Suicide and suicide prevention
- Risk factors
- Warning signs
- Conversations
- Signposting
- After the course, participants receive supporting resources and a certificate

COURSE DATES

Please click on a date to book.

NB: Sessions are delivered online via MS Teams unless otherwise stated.

2026

- Monday 23rd February 9.30am–1.30pm (In-Person: Erewash)
- Wednesday 4th February 12.30pm–4.30pm (MS Teams)
- Wednesday 18th February 12.30pm–4.30pm (MS Teams)
- Friday 20th February 9.30am–1.30pm (MS Teams)
- Thursday 5th March 9.30am–1.30pm (MS Teams)
- Wednesday 25th March 12.30pm–4.30pm (MS Teams)
- Tuesday 7th April 9.30am–1.30pm (MS Teams)
- Thursday 16th April 12.30pm–4.30pm (MS Teams)
- Thursday 7th May 12.30pm–4.30pm (MS Teams)
- Tuesday 19th May 9.30am–1.30pm (In-Person: Bolsover)
- Friday 5th June 9.30am–1.30pm (MS Teams)
- Tuesday 16th June 12.30pm–4.30pm (In-Person: Amber Valley)
- Thursday 2nd July 9.30am–1.30pm (MS Teams)
- Thursday 9th July 12.30pm–4.30pm (MS Teams)

CONTINUED OVER >>

COURSE DATES (CONT.)

Please click on a date to book.

NB: Sessions are delivered online via MS Teams unless otherwise stated.

2026 (CONT.)

- Wednesday 5th August 9.30am–1.30pm (MS Teams)
- Wednesday 2nd September 12.30pm–4.30pm (MS Teams)
- Tuesday 8th September 9.30am–1.30pm (MS Teams)
- Wednesday 23rd September 9.30am–1.30pm (MS Teams)
- Wednesday 7th October 12.30pm–4.30pm (MS Teams)
- Tuesday 20th October 9.30am–1.30pm (MS Teams)
- Tuesday 3rd November 12.30pm–4.30pm (In-Person: Derbyshire Dales)
- Thursday 19th November 9.30am–1.30pm (MS Teams)
- Tuesday 1st December 12.30pm–4.30pm (MS Teams)
- Tuesday 8th December 9.30am–1.30pm (In-Person: High Peaks)

2027

- Thursday 21st January 12.30pm–4.30pm (MS Teams)
- Tuesday 26th January 9.30am–1.30pm (MS Teams)

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

For staff and volunteers from statutory, community and voluntary sector organisations working with Derbyshire County residents (excluding Derby City).

This course will build awareness and understanding of mental health, address stigma, provide details of resources and services, equipping the staff and volunteers with confidence and skills.

LEARNING TOPICS INCLUDE

- Nature and dimensions of mental health
- Common mental health problems
- Relationship between physical health and mental health
- Impact of mental health problems
- Anti-stigma
- Determinants of mental health
- Signposting, resources and campaigns
- After the course, participants receive supporting resources and a certificate

COURSE DATES

Please click on a date to book.

NB: Sessions are delivered online via MS Teams unless otherwise stated. Once registered, you will receive an email with login details for the session.

2026

- Tuesday 24th February 9.30am–1.30pm (MS Teams)
- Tuesday 17th February 12.30pm–4.30pm (MS Teams)
- Wednesday 4th March 12.30pm–4.30pm (MS Teams)
- Friday 20th March 9.30am–1.30pm (MS Teams)
- Thursday 2nd April 9.30am–1.30pm (MS Teams)
- Tuesday 21st April 12.30pm–4.30pm (In-Person: Swadlincote)
- Friday 15th May 12.30pm–4.30pm (MS Teams)
- Thursday 28th May 9.30am–1.30pm (MS Teams)
- Tuesday 9th June 9.30am–1.30pm (MS Teams)
- Friday 26th June 12.30pm–4.30pm (MS Teams)
- Tuesday 7th July 9.30am–1.30pm (In-Person: Bolsover)
- Friday 17th July 12.30pm–4.30pm (MS Teams)
- Thursday 6th August 9.30am–1.30pm (MS Teams)
- Friday 28th August 9.30–1.30pm (MS Teams)

CONTINUED OVER >>

COURSE DATES (CONT.)

Please click on a date to book.

NB: Sessions are delivered online via MS Teams unless otherwise stated. Once registered, you will receive an email with login details for the session.

2026 (CONT.)

- Tuesday 15th September 12.30pm–4.30pm (In-Person: Erewash)
- Wednesday 30th September 9.30am–1.30pm (MS Teams)
- Wednesday 14th October 12.30pm–4.30pm (MS Teams)
- Friday 23rd October 9.30am–1.30pm (MS Teams)
- Tuesday 10th November 12.30pm–4.30pm (MS Teams)
- Thursday 26th November 9.30am–1.30pm (MS Teams)
- Friday 4th December 9.30am–1.30pm (MS Teams)
- Friday 11th December 12.30pm–4.30pm (MS Teams)

2027

- Friday 22nd January 12.30pm–4.30pm (In-Person: North East Derbyshire)
- Friday 29th January 9.30am–1.30pm (MS Teams)

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

THE ACADEMY AT HARMLESS
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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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