

# Free Specialist Online Mental Health Training

LEICESTER, LEICESTERSHIRE & RUTLAND  
April – September 2026

SUICIDE BREAVENTMENT



**Leicester City Council,  
Leicestershire County Council  
and Leicestershire Police  
have commissioned Harmless  
to deliver a series of free  
online Suicide Bereavement  
training courses.**



**Leicestershire  
Police**  
Protecting our communities

**Did you know?**

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

**WHO IS ELIGIBLE?**

**This CPD course is suitable for any public or third sector worker / volunteer who would like to know more about suicide bereavement, especially Frontline Workers supporting those impacted by suicide working in Leicester and Leicestershire.**

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

\* Source: [www.mind.org.uk](http://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 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 ”**

## 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

## 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 29th April 12.30pm–4.30pm](#)
- [Friday 29th May 9.30am–1.30pm](#)
- [Tuesday 30th June 9.30am–1.30pm](#)
- [Wednesday 29th July 12.30pm–4.30pm](#)
- [Thursday 27th August 9.30am–1.30pm](#)
- [Tuesday 29th September 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**.



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  
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 [HarmlessAcademy](#)

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