We’re delighted to announce our new training offer in partnership with Harmless for suicide prevention, self-harm, suicide bereavement and mental health awareness training. Booking is open for our first series of training events between January and April 2023.

More sessions will follow from April 2023.

**Who is the training for?**

The training is aimed at people who work or volunteer for groups in the following sectors:

* Community and voluntary sector organisations
* Community champions who work with those at risk of poor mental health self-harm or suicide
* Organisations working with those who are financially vulnerable (e.g. advice services, debt agencies, food banks, libraries, job centres, benefits agencies)
* Adult Social Care
* Primary Care
* First Responders (e.g. police, fire service, paramedics)
* Housing/homelessness sector
* Social prescribers/community workers
* Public Health commissioned services

Suicide prevention and self-harm training is available to people working/volunteering for organisations/groups in Nottingham City or Nottinghamshire County.

Mental health awareness training is currently only available to people working/volunteering for organisation/groups in Nottinghamshire County.

**What will I learn?**

You’ll learn about:

* Stigma and how to help reduce this
* Adverse childhood experiences and impact of trauma
* Prevalence and risk factors
* Practical conversation skills and how to help someone to access support
* What services are available and how they can help

Full details of the learning outcomes are available on the booking pages.

**What else do you need to know?**

* The training is free to attend.
* Sessions are four hours long and take place online.
* Copies of slides and handouts will be provided.
* Sessions are applicable for any age group you work with
* Sessions are interactive and you’ll have the chance to ask questions.
* The link for the training session will be sent to you via email from Harmless before the training course takes place.
* You can attend all 4 courses or attend the one which most meets your needs.

If you think your organisation needs more bespoke training or want to organise specific sessions for your organisation, please contact suicide.prevention@nottscc.gov.uk for an initial discussion.

**How to book**

Click on the “Book here” link next to the course and date you want to book; you’ll be taken to the relevant Eventbrite page where you can register.

You can also visit [Harmless Let's Talk Training Events | Eventbrite](https://www.eventbrite.co.uk/o/harmless-lets-talk-training-14795237737)

Places are limited so do book early to ensure you get a place.

**Courses and available dates**

**Suicide prevention and intervention (Nottingham and Nottinghamshire)**

**January 2023**

* Friday 6th January 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/418252583737)
* Friday 13th January 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/484272270397)
* Thursday 19th January 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/484315509727)
* Tuesday 24th January 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487763603067)
* Thursday 31st January 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/484273092857)

**February 2023**

* Thursday 9th February 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487583002887)
* Wednesday 15th February 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487585821317)
* Monday 20th February 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487587275667)
* Thursday 23rd February 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487587706957)
* Tuesday 28th February 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487589000827)

## **March 2023**

* Monday 6th March 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487654085497)
* Wednesday 8th March 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487656954077)
* Tuesday 14th March 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487661377307)
* Friday 17th March 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487673122437)
* Tuesday 21st March 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487677124407)
* Thursday 23rd March 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487677515577)
* Friday 24th March 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487683984927)
* Monday 27th March 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487689812357)
* Thursday 30th March 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487690193497)

**April 2023**

* Thursday 6th April 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487753051507)

Wednesday 12th April 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487759109627)

* Monday 17th April 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487759470707)
* Thursday 20th April 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487759881937)
* Monday 24th April [Book here](https://www.eventbrite.co.uk/e/487763603067)
* Friday 28th April [Book here](https://www.eventbrite.co.uk/e/489336126527)

**Mental health awareness (Nottinghamshire organisations only)**

**January 2023**

* Thursday 5th January 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/464208980557)
* Tuesday 10th January 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/484331718207)
* Tuesday 17th January 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/484316191767)
* Friday 20th January 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/484286733657)
* Friday 27th January 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/484286813897)
* Monday 30th January 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/484318829657)

**February 2023**

* Wednesday 1st February 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/486803451227)
* Tuesday 7th February 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487595811197)
* Thursday 9th February 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487630725627)
* Thursday 14th February 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487631337457)
* Friday 17th February 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487633243157)

**March 2023**

* Thursday 2nd March 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487693092167)
* Tuesday 7th March 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487698799237)
* Friday 10th March 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487699240557)
* Thursday 16th March 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487705118137)
* Wednesday 22nd March 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487715388857)
* Tuesday 28th March 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487720574367)

**April 2023**

* Wednesday 5th April 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487770072417)
* Thursday 6th April 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487753051507)
* Tuesday 11th April 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487774646097)
* Friday 14th April 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487779931907)
* Tuesday 18th April 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487785167567)
* Friday 21st April 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487787985997)
* Wednesday 26th April 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487790904727)
* Friday 28th April 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/489336126527)

**Self-harm awareness (Nottingham and Nottinghamshire)**

* Thursday 26th January 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/484273092857)
* Thursday 16th February 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487639541997)
* Friday 3rd March 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487727695667)
* Monday 20th March 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487732389707)
* Tuesday 18th April 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487766792607)

**Suicide bereavement (Nottingham and Nottinghamshire)**

* Wednesday 11th January 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/464241688387)
* Thursday 21st February 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487644326307)
* Friday 24th February 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487646793687)
* Thursday 16th March 13:00-17:00 [Book here](https://www.eventbrite.co.uk/e/487744024507)
* Monday 27th March 09:00-13:00 [Book here](https://www.eventbrite.co.uk/e/487748146837)